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RECIPES FOR INSTITUTIONS

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**TO THE DIETITIAN
AND HER TASK
THIS BOOK IS DEDICATED**

55495

PREFACE

To Dietitians and others interested in institutional cookery, this book is offered.

It has been compiled from recipes contributed by some seventy dietitians, members of the American Dietetic Association, who are actively engaged in Institutional, Cafeteria or Tea-room work. The recipes are therefore practical and workable, and have the merit of individuality.

Since the needs of different institutions vary, the recipes vary. No attempt has been made to standardize them except to use level measurements and to list the ingredients in the order in which they should be combined. Each recipe, except where it is most evident, is calculated in number of servings.

If the Dietitian finds the book valuable in her task of providing proper food for her group, our aim will have been accomplished.

The Chicago Dietetic Association offers grateful acknowledgment to the members of the American Dietetic Association and other friends who so generously responded and made the book possible.

MABEL C. LITTLE

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RECIPES FOR INSTITUTIONS

SOUPS

Chicken Broth with Rice

40 6-ounce servings

8 pounds of fowl	2 cups finely chopped celery
8 quarts of water	1 cup of rice
	seasoning

Place fowls in cold water for 1 hour. Bring slowly to boiling point and simmer 2 hours. Remove the fowls, add water to replace that lost in evaporation. Add seasoning and rice. Cook slowly for 1 hour.

INEZ GRIFFIN.

Cream of Rice with Stock

80 6-ounce servings

11 quarts white stock from	4 stalks celery
chicken or veal	1 teaspoon white pepper
4 cups of rice	5 quarts milk (scalded)
5 onions (sliced)	2 cups fat from stock
16 sprigs of parsley	2 cups flour
	3 tablespoons salt

Heat the stock and add the rice and vegetables. Cook $\frac{1}{2}$ hour, or until the rice and celery are tender. Then strain and just before serving

add to a white sauce which has been prepared in the following manner: heat the fat, add the flour and seasoning; cook for a few minutes and add the milk slowly, allowing it to thicken well before any more milk is added.

CARRIE ALBERTA LYFORD

Peanut Soup

3 gallons

1½ gallons broth	1½ cups flour
1½ gallons milk	1½ tablespoons pepper
1 onion	3 tablespoons salt
	1½ cups peanut butter

Use flour to thicken broth and then add peanut butter.

Duchess Soup

6 servings

1 quart milk	2 tablespoons butter
1 tablespoon minced onion	3 tablespoons grated cheese
3 tablespoons flour	(yellow)
2 teaspoons chopped parsley	

Scald milk and onions together, then add flour and butter which have been blended. Cook well, remove from fire and add cheese and parsley. Season to taste and serve at once.

LAURA B. BOWLES

Cream of Sweet Potato Soup

35 6-ounce servings

24 medium sized sweet potatoes	4 cups cream
4 quarts water	6 teaspoons salt
	6 teaspoons minced parsley

If there are left over baked potatoes, use them, if not peel potatoes and immerse at once in cold water to which has been added a little flour to prevent discoloration. Drain and cook in sufficient boiling water to cover. When tender, drain and rub through a colander. This should make 12 cups mashed potato. Add water, cream, salt and parsley. Reheat and serve.

RUTH C. GILBERTS

Split Pea Soup

3 gallons

2 quarts split dried peas	3 onions
7 quarts cold water	1 cup butter
3 quarts ham or corned beef	1 cup flour
stock	2 quarts hot milk
salt and pepper to taste	

Pick over peas, soak over night, drain. Cook water, stock, onions, and peas together slowly 3 or 4 hours or until peas are very soft. Rub through sieve and thicken with flour and butter which have been rubbed together. Bring to boiling point, add seasonings and hot milk. Beans may be used in place of split peas.

GLADYS M. COLLINS

Cream of Tomato Soup

125 6-ounce servings

2 gallons stock	1½ cups salt
2 No. 10 cans tomato purée	2 tablespoons pepper
2 tablespoons soda	1½ quarts cold water
4 quarts milk	1 quart flour

To boiling stock add tomato purée and soda. Cook 1 hour, add milk, bring to a boil and add seasonings and flour mixed with cold water.

S. E. HUGHES

Cream Soup

100 8-ounce servings

Any vegetable may be used, such as: potatoes, carrots, spinach, peas, beans, tomatoes, asparagus, celery, thus giving the soup its name.

1 pound butter	4 quarts vegetable pulp
1 quart flour	$\frac{1}{2}$ cup salt
4 quarts cold water	2 tablespoons pepper
15 quarts milk	

Cook butter, flour and water together. (This method is better than the old method of adding butter and flour to the milk.) Add vegetable pulp, seasoning and hot milk.

MARGARET MACPHADYEN

Mulligatawny Soup

4 $\frac{1}{2}$ gallons

2 beef shanks	1 quart onions
1 No. 10 can tomatoes	1 $\frac{1}{2}$ quarts celery
$\frac{1}{2}$ cup chopped parsley	1 pint apples
1 tablespoon whole cloves	1 cup green peppers
$\frac{1}{2}$ cup whole peppers	3 cups flour
$\frac{1}{2}$ cup salt	1 $\frac{1}{2}$ tablespoons curry powder
$\frac{1}{2}$ cup drippings	3 quarts diced chicken or veal

Put the first six ingredients into a stock pot. Add enough cold water to cover. Simmer slow-

ly for 4 hours. Chop the vegetables and brown them in the drippings. Add the flour and curry powder. Add this mixture to the stock. Cook 30 minutes, then strain. Add the diced chicken. Add enough water to make $4\frac{1}{2}$ gallons.

ELIZABETH TUFT

Brown Soup Stock

35 6-ounce servings

12 pounds shin beef	6 strips thyme
6 quarts cold water	2 sprigs marjoram
1 cup of each of the following diced: carrots, turnip, onion, celery	12 cloves
2 tablespoons salt	1 teaspoon pepper corns
	1 bay leaf
	4 sprigs parsley

Simmer together for 4 to 6 hours. Strain.

RUTH HOUGHTON

Cream of Mushroom Soup

5 gallons

2 pounds white mushrooms	1 pound butter
3 quarts rich chicken broth	1 quart flour
4 gallons milk	$\frac{3}{4}$ cup salt

Wash the mushrooms and cut into small pieces. Boil until tender in the chicken broth and add to the scalded milk. Melt the butter, add the flour and stir into the soup. Add the salt and cook for 10 minutes.

ELIZABETH TUFT

Mock Turtle Soup*4½ gallons*

2 soup shanks	½ cup lemon juice
¼ cup salt	1½ quarts flour
¼ cup whole cloves	1½ quarts carrots
¼ cup whole peppers	1 quart onions
1 No. 10 can tomatoes	3 cups cooked meat
12 hard boiled eggs	

Put the first six ingredients into a stock pot. Add enough cold water to cover the bones. Simmer for 4 hours. Brown the flour, mix with cold water, and add to the stock. After the flour has cooked in the stock for 20 minutes strain and add the other ingredients, which have been put through a food chopper.

Clam Chowder*64 8-ounce servings*

½ pound bacon cut in cubes	2 quarts white sauce No. 2
3 onions chopped	3 quarts potatoes in cubes
3 carrots chopped	6 dozen clams chopped
1 cup celery chopped	juice from clams with water
8 quarts boiling water	to equal 3 quarts

Fry out fat from bacon, add onions, carrots and celery. Fry, stirring with wooden spoon. Add boiling water and cook until vegetables are tender. Cook potatoes in boiling water and drain. Bring clam juice to boiling point, add clams and cook 5 minutes. Add to first preparation. Add cream sauce and potatoes immediately before serving.

INEZ GRIFFIN

Clam Stew*35 6-ounce servings*

juice and soft part of 75 clams	1 onion
with water to make 2	3 quarts white sauce No. 1
quarts	1 quart potatoes in cubes

Scald onion in milk when preparing cream sauce. Bring clam juice to boiling point. Add clams and cook 5 minutes. Add cream sauce and potatoes cooked separately.

INEZ GRIFFIN

Macaroni or Vegetable or Gumbo Soup*25 gallon caldron—450 servings*

equal parts veal and lamb	1 No. 2 can pimienta
stock	3 dozen onions
3 pounds macaroni	salt to taste

For Vegetable Soup

add to this stock 2 good-	2 No. 2 cans peas
sized cabbages (chopped)	2 large turnips, diced
1 dozen diced carrots	2 gallons tomatoes

For Gumbo Soup

Use 1 dozen No. 2 cans okra instead of the tomatoes.

GRACE M. STIRLING

Onion Soup*10 quarts*

10 large onions	$\frac{1}{2}$ teaspoon cayenne
10 tablespoons butter	$\frac{5}{8}$ quarts milk
5 quarts broth (chicken or beef)	10 egg yolks
10 teaspoons salt	toasted bread
	2 pounds grated cheese

Chop onions (not too fine). Let simmer in butter 45 minutes. Stir frequently, don't brown. Add broth, salt, pepper, and allow it to boil. Add milk last and heat to boiling—then add to beaten egg yolks. Place round piece of toast with 1 teaspoon of cheese upon it in individual soup bowl. Pour soup over and serve immediately.

L. SLOAN

Corn Chowder*100 quarts—500 servings*

$\frac{2}{3}$ bushel potatoes	$6\frac{3}{4}$ quarts flour	} thickening
$38\frac{1}{2}$ quarts milk	$6\frac{3}{4}$ quarts water	
38 cans corn (17 quarts)	$1\frac{1}{2}$ pounds salt	
$3\frac{1}{2}$ pounds salt pork	$2\frac{1}{2}$ tablespoons pepper	
2 pounds 5-ounce onions	$12\frac{1}{2}$ gallons hot water	

Wash, peel and dice potatoes. Cook until soft. Scald milk, add corn and potatoes. Wash and dice salt pork and cook in frying pan until brown. Remove pork scraps and fry onions, which have been peeled and sliced, in fat from salt pork. When brown add all the mixture to corn, milk and potatoes. Finally add thickening, salt, pepper, pork scraps and hot water.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Vegetable Soup*10 servings*

- | | |
|--|--|
| 1 soup bone with plenty of fat. Cover with plenty of water | 1 good-sized carrot |
| 2 cups potatoes | $\frac{1}{2}$ cup barley cooked separately and added to soup |
| $1\frac{1}{2}$ cups turnips | 6 onions size of walnut |
| $1\frac{1}{2}$ cups cabbage | 6 large tomatoes or 1 can red pepper and salt to taste |

Allow soup to simmer a long time. It will be thick when done.

J. ATHENA FISCHER

Vegetable Chowder*5 servings—1 cup each*

- | | | |
|-------------|----------------|----------------------------------|
| 3 potatoes | } medium-sized | $\frac{1}{2}$ small cabbage |
| 2 carrots | | $1\frac{1}{2}$ teaspoons salt |
| 1 onion | | 1 slice salt pork, about 1 ounce |
| 2 cups milk | | |

Clean and cut vegetables into small pieces. Cook potatoes, carrots, and cabbage 20 minutes in water to cover, add onion browned in the pork fat; add milk; reheat and serve hot with crackers or bread and butter.

MARGERY M. SMITH

Vegetable Soup*90 8-ounce servings*

- | | |
|--------------------------------|-----------------------------------|
| 2 gallons stock | 1 tablespoon soda |
| 2 No. 10 cans Tomato Purée | 1 quart sifted flour |
| 2 No. 10 cans mixed vegetables | $1\frac{1}{2}$ quarts water |
| | $\frac{1}{2}$ cup salt |
| | $1\frac{1}{2}$ tablespoons pepper |

To boiling stock add tomatoes and vegetables and soda. Cook 1 hour. Add seasoning and thickening.

S. E. HUGHES

Vegetable Chowder

3 gallons

2 quarts dehydrated soup veg-	salt
etables	1 cup tapioca
10 quarts water	cream q. s.
3 dozen bouillon cubes	

Add cold water to vegetables and cook until tender. Add tapioca $\frac{1}{2}$ hour before cooking is finished. Add bouillon cubes, season and add cream when served.

EMMA B. AYLWARD

Southern Bisque

100 quarts—500 portions

15 cans (No. 10) tomatoes	4 $\frac{1}{2}$ cups sugar
2 pounds carrots	14 $\frac{3}{4}$ quarts water
2 pounds onions	9 gallons milk
8 cloves	3 pounds butterine
2 bay leaves	8 $\frac{1}{2}$ quarts flour
2 tablespoons soda	8 $\frac{1}{2}$ quarts water
2 cups salt	15 No. 2 cans corn

Rub tomatoes through colander into soup container. Wash and dice carrots, peel onions and cut into small pieces. Cook carrots and onions until soft in tomatoes to which cloves, bay leaves, soda, salt and sugar have been added. Strain mixture and put aside to cool. Scald

milk, reheat tomato mixture, and carefully add milk, butterine, thickening and corn.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Tomato Bisque

35 quarts

4 No. 10 cans tomato	tops of 2 bunches celery
2 No. 10 cans tomato purée	1 carrot
1 tablespoon soda	salt and pepper
2 cups sugar	1 gallon water
1 quart onions	1½ pounds flour
1 pound butterine	2 gallons milk

Cook tomato, butterine, soda, sugar, and seasonings together 1½ hours. Thicken with 1½ pounds flour mixed with 1 gallon water and cook well. Add cold milk. Reheat and strain.

NEW ENGLAND KITCHEN

Cream of Tomato Soup with Sour Cream

25 6-ounce servings

1 No. 10 can tomatoes	1 teaspoon onion juice
2 quarts water	½ teaspoon celery salt
½ teaspoon soda	salt and pepper to taste
1 quart sour cream	

Combine first six ingredients and bring to boil and pour off to free from seeds that settle. Add 1 quart of rich sour cream and reheat. Serve with squares of toast. Suitable for luncheon soup.

VEGETABLES

Baked Beans

100 servings

4 quarts beans	1 teaspoon pepper
$\frac{1}{2}$ cup brown sugar	2 teaspoons paprika
$\frac{1}{2}$ cup molasses	2 teaspoons salt
1 teaspoon mustard	ham stock
1 teaspoon ginger	bacon rinds
$\frac{1}{2}$ gallon tomato purée	

Soak beans over night. Put into steamer with water and a little soda. Boil 10 minutes. Drain water, add ham stock and bacon. Cook until tender but not mushy. Add other ingredients and bake.

LUCILE HARTMANN

Boston Baked Beans

1 pot or 8 quarts—56 servings

3 quarts New York pea beans	2 ounces sugar
1 pound salt pork	2 ounces salt
1 onion	$\frac{1}{2}$ ounce mustard
$\frac{1}{2}$ cup molasses	

Soak beans over night, allowing 3 quarts dried beans to one 8-quart pot. Parboil beans the following morning, allowing them to come just to the boiling point.

Put $\frac{1}{2}$ pound salt pork and one small onion

in the bottom of each pot. Add parboiled beans, sugar, salt, mustard, molasses and remaining $\frac{1}{2}$ pound pork.

Cover with water. Bake about 12 hours, having oven hot for first 4 hours and moderate after that.

Add water at least twice while baking. Do not allow beans to boil in the oven.

SCHOOL LUNCHEONS WOMAN'S EDUCATIONAL AND
INDUSTRIAL UNION

Baked Lima Beans

50 servings

2 quarts dry lima beans	1 cup bacon fat
1 quart light syrup	1 teaspoon baking soda

Soak beans 1 hour in soda water. Drain, wash, cook in fresh water until soft. When tender pour beans in shallow baking pan. Add syrup and bacon fat and bake 2 hours in oven. Stir occasionally and add more water if necessary.

IRENE E. ENDERS

Cauliflower au Gratin

84 servings

2 dozen cauliflower—cut and trimmed	cook 25 minutes in boiling water
soak one hour in salt water, drain	5 quarts standard white sauce, poured over and mixed with cauliflower

Ladle into pans. Use 1 pound grated or chopped cheese sprinkled over top of pans. Bake in medium oven until cheese melts.

ELNA BECKER

Escalloped Corn

100 servings

12 cans corn	1 pound fat
2 quarts cracker crumbs	16 eggs
6 quarts cream sauce	4 green peppers
$\frac{1}{4}$ teaspoon pepper	8 teaspoons salt
$\frac{1}{2}$ teaspoon celery salt	

Mix in order given. Bake in shallow pans.

ESTHER OLSON

Savory Turnips

25 servings

4 pounds yellow turnips cut	$1\frac{1}{2}$ quarts milk
in $\frac{1}{2}$ inch cubes	$\frac{1}{2}$ cup butter or substitute
4 small onions diced	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup sugar	salt and pepper

Fry turnips in fat 15 minutes, add onions, seasonings and flour, then milk and stir well. Cover and let simmer for 30 or 40 minutes, stirring occasionally.

J. ATHENA FISCHER

Scalloped Corn and Peppers

35 servings per pan

144 No. 2 cans corn	6 quarts dry crumbs
1 quart milk to rinse the	salt
cans	
3 pounds green peppers	19 pans 14" by 22" greased
(chopped)	and filled

Bake until browned.

MABEL C. LITTLE

Belgian Carrots*25 servings*

8 quarts thinly sliced fresh carrots	1 teaspoon pepper
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup minced parsley
	2 cups butter

Combine the sugar and carrots and cook covered till soft, adding water barely to cover. When tender, drain, mince and add remaining ingredients. Let stand in a warm place for half an hour.

HAZEL E. CHAMBERS

Harvard Beets*90 servings*

8 quarts cooked beets cut into $\frac{1}{2}$ inch cubes	$\frac{1}{2}$ cup cornstarch
1 quart sugar	1 quart vinegar
	1 cup butter

Mix sugar and cornstarch and add vinegar. Boil 5 minutes. Put beets into sauce and allow to stand on back of stove for $\frac{1}{2}$ hour or longer. Add butter just before serving.

J. ATHENA FISCHER

Beets with Sour Sauce*125 servings*

12 quarts diced beets	1 quart flour
3 quarts vinegar	$\frac{1}{2}$ cup salt
1 pound butter	$\frac{1}{2}$ cup sugar

Add vinegar to beets and let stand an hour. Drain, and add water to make 7 quarts. Melt the butter add the flour and thicken the vinegar

mixture. Add the salt and sugar and pour over the beets. Use beet juice instead of water if canned beets are used.

ELIZABETH TUFT

String Beans and Tomatoes

25 servings

4 cans of string beans
4 onions

1 No. 10 can tomatoes
12 slices of bacon

Fry bacon, add cooked beans, onions, tomatoes. Salt and pepper to taste. Cook slowly until part of the juices evaporate.

J. ATHENA FISCHER

Creamed Cucumbers

50 servings

8 quarts diced cucumbers
2 quarts thick white sauce,

made with 1 quart of
milk and 1 quart of cream

Pare the cucumbers, quarter and remove seeds, if any, and cut in large dice. Parboil in slightly salted boiling water 10 minutes. Drain thoroughly. Reheat in the sauce and serve.

EMMA B. AYLWARD

Egg Plant

25 servings

4 medium-sized egg plants,
diced and cooked in
boiling salted water
6 green peppers cut in small
pieces

12 medium-sized onions cut
in small pieces
15 medium-sized tomatoes cut
in pieces
 $\frac{3}{4}$ cup butter

Cook green peppers and onions in the butter for a while but do not allow to brown. When egg plant is tender drain and add with tomatoes to peppers and onions. Let all cook until well done. Mixture will be thick.

J. ATHENA FISCHER

Cooked Lettuce

Clean lettuce thoroughly. Shred. Boil or steam until tender. Drain. Season well with pepper, salt and butter.

ELEANOR AHERN

Candied Sweet Potatoes

Boil potatoes until tender. Slice lengthwise into shallow pan. Sprinkle surface with brown sugar. Dot with butter. Brown in a hot oven.

ELEANOR AHERN

Escalloped Spinach

50 servings

6 quarts cooked fresh spin- ach	1½ dozen hard cooked eggs
2½ quarts white sauce	battered crumbs
salt and paprika, q.s.	½ cup butter

Alternate layers of spinach, hard cooked eggs (chopped) and white sauce. Cover with buttered crumbs and bake.

Spinach Pudding*25 servings*

2 cups cooked spinach	4 eggs
6 cups rolled crackers	salt
6 cups milk	$\frac{1}{2}$ cup butter

Mix and bake as a custard. Serve with white sauce to which the yolk of egg and a dash of nutmeg is added.

PRESBYTERIAN SCHOOL FOR NURSES

Turkish Spinach*50 servings*

20 pounds spinach	6 onions
$\frac{1}{2}$ pound flour	$\frac{1}{2}$ pint milk
$\frac{1}{2}$ pound fat	3 or 4 eggs if desired
	salt and pepper

Boil spinach and drain in colander. There should be practically no stock. Chop fine. Sprinkle with flour while chopping. Cook onions in fat. Add chopped spinach and stir well. Add milk. If it seems not to have enough body, drop in eggs one at a time. Mix well. It should be of good consistency. Season well.

NELLIE HALLIDAY

Stuffed Peppers—Baked Individual

Fill sweet green peppers (parboiled) with the following:

Brown minced onion and green pepper in a small amount of butter. To this add boiled

rice spaghetti, macaroni or noodles, and enough tomatoes (stewed) to flavor and moisten it. Cover with buttered crumbs and bake about 15 minutes.

B. V. CHAMBERS

Stuffed Green Peppers

100 servings

100 medium-sized sweet pep- pers	2½ quarts milk
10 No. 2 cans corn	2 cups pimientos
20 eggs	1½ cups butter
	salt to season

Steam peppers until partly done. Fill with the other ingredients which have been combined the same as a custard. Cover with buttered crumbs. Bake in a moderate oven until custard is firm.

B. STRAKA

Stuffed Peppers

50 servings

25 large green peppers	2½ quarts minced veal, chicken
2½ quarts crumbs	or chopped nuts
½ cup chopped onion	salt to taste

Choose mild peppers of uniform size, cut in two crosswise. Remove seeds and tough white portions. Wash and cook in boiling water 5 minutes or steam in steamer 5 to 8 minutes. Crumble stale, not dried, bread, and mix with butter and onion. Add chopped meat or nuts, salt to taste, and stock to moisten so that it will pack. Bake in hot oven 15 or 20 minutes.

LUCILE HARTMANN

Stuffed Peppers*40 servings*

mixture to fill 40 medium-sized peppers	add 6 cups tomato, with very little liquid. Drain if necessary.
6 small onions	crumbs enough to thicken salt
12 slices of bacon chop finely and cook together	

Fill peppers, cover with buttered crumbs, and brown in a hot oven. Chopped ham or veal may be substituted for the bacon. If these are used a little butter should be added.

LULU GRAVES

Hominy and Cheese*100 servings of $\frac{3}{4}$ cup each*

$\frac{4}{1}$ quarts uncooked hominy	1 cup butter
$4\frac{1}{2}$ pounds cheese	3 cups flour
	$1\frac{1}{2}$ gallons milk

Soak hominy 12 hours and then cook until soft. Make a cream sauce of the butter, milk, and flour. Add the cheese. Pour over the hominy. Put in pan and bake.

MRS. JESSIE R. MUELLER

Potato Croquettes*100 servings*

8 quarts hot riced potatoes	1 teaspoon celery salt
$\frac{1}{2}$ pound butter	18 egg yolks
1 teaspoon pepper	2 tablespoons onion (chopped fine)
$\frac{1}{2}$ cup salt	$\frac{1}{2}$ cup chopped parsley

Mix together the ingredients. Shape. Dip in crumbs, egg and crumbs. Fry in deep fat.

ELIZABETH TUFT

Scalloped Potatoes

80 servings

- | | |
|--------------------------------------|----------------------------|
| 1½ pecks potatoes (sliced) | 4 tablespoons salt |
| 5 quarts milk | 2 tablespoons white pepper |
| 2 cups butter or other fat (1 pound) | |

Pare the potatoes. Parboil 15 minutes, slice. Place sliced potatoes in a baking dish, cover with milk, butter or other fat and sprinkle with salt and pepper. Bake about 2 hours, until the potatoes are tender and the milk has been absorbed. Stir frequently while cooking.

CARRIE ALBERTA LYFORD

Escalloped Potatoes

100 servings

- | | |
|---------------------------------|------------------|
| 12 quarts sliced raw potatoes | 2 large onions |
| 2 quarts grated American cheese | 2 cups pimientos |
| 1 quart finely chopped celery | 1 pound butter |
| 12 large green peppers | milk to moisten |
| | flour |
| | salt |

Alternate layers of sliced potatoes with seasonings. Sprinkle with flour, add sufficient milk to moisten and bake in a slow oven.

Creamed Onions with Nuts*25 servings*

2½ quarts white sauce No. 2	1 quart chopped English wal-
2½ quarts cooked onions	nuts

Cook onions in salt water until tender. Drain. Arrange layers of onions, white sauce and nuts in a buttered casserole. Cover top with buttered crumbs and bake in hot oven till browned.

LUCILE HARTMANN

Scalloped Potatoes with Bacon*45 servings (1 cup each)*

10 pounds potatoes	1 teaspoon pepper
2 quarts hot milk	½ cup flour
¾ cup fat (oleo or butter)	1 tablespoon ground mustard
1½ tablespoons salt	10 slices of bacon

Pare and slice potatoes; sprinkle ½ tablespoon mustard over the bottom of baking dish. Add a layer of potatoes, a dredging of flour, mustard and pieces of bacon. Repeat until potatoes are used. Add salt, pepper and fat in hot milk. Pour over potatoes. Cook in moderate oven 1½ hours or until done.

JESSIE M. MCQUEEN

Baked Mashed Potato*100 servings*

12 quarts mashed potato	2 cups finely chopped pars-
(moist)	ley
2 quarts ground peanuts	

Mix the hot mashed potatoes with the ground peanuts and parsley. Put in baking tins, place in a hot oven and bake until brown.

Potato and Nut Croquettes

100 servings

32 pounds hot mashed potatoes	2½ ounces salt
3½ pounds chopped walnuts	½ ounce paprika
	8 eggs

Mix all thoroughly. Mold into two ounce croquettes, roll in egg and crumbs and fry in deep fat. Serve two croquettes to order with white sauce.

Six pounds peanuts can be substituted for the walnuts, or all nuts omitted and croquettes served with cheese sauce.

BERTHA E. NETTLETON

Stuffed Baked Sweet Potatoes

75 servings

75 medium-sized sweet potatoes	2 quarts shredded pineapple
juice of 1 dozen oranges	9 dozen marshmallows
1 quart pineapple juice	½ cup melted butter
3 cups chopped English walnut meats	3 tablespoons salt

Scoop the meat out of the baked potatoes. Mash well and add all the ingredients except the marshmallows. Beat well, and stuff the shells. Place the cut marshmallows on top and put in

24 RECIPES FOR INSTITUTIONS

the oven to bake until heated through and browned.

CLARA SMITH

Vegetarian Stew

100 servings

5 quarts carrots, diced
5 quarts potatoes, diced
5 quarts peas

5 quarts celery, cut
2 quarts tomatoes
 $\frac{1}{2}$ quarts onion (fried in fat)

Combine vegetables. Add water to cover.
Let simmer.

MEATS

Smothered Chicken

Cut dressed broiling chickens into quarters allowing one quarter to each serving. Place in dripping pan. Sprinkle with salt and pepper and dredge lightly with flour. Dot each piece with $\frac{1}{2}$ -ounce cubes of butter. Add boiling water to depth of $\frac{1}{4}$ inch in dripping pan. Cook in very hot oven basting frequently or in a broiler basting every 3 minutes.

INEZ GRIFFIN

Chicken Smothered in Milk

Cut fowl in pieces as for frying. Roll pieces heavily in flour, place in roaster. Cover with milk and season with salt and pepper. Cook slowly until meat is tender and gravy is thickened. The flavor may be varied by adding teaspoonful of allspice (in bag) while cooking.

BERTHA BENNETT

Chicken à la King

100 servings

1 pound butter	3 quarts rich chicken broth
1 quart flour	6 quarts diced chicken
4 quarts milk	1 cup chopped pimiento
2 pounds white mushrooms	$\frac{1}{2}$ cup chopped green peppers
	salt and pepper to taste

Make a white sauce of the first three ingredients. Clean the mushrooms. Boil until tender in the chicken broth. Add the mushrooms and broth to the white sauce. Add the pimientos, green peppers, and diced chicken. Season to taste.

ELIZABETH TUFT

Creamed Chicken

80 servings

33 pounds chicken	$\frac{1}{2}$ teaspoon cayenne
1 quart chicken stock	1 tablespoon celery salt
4 quarts milk	2 cups (pound) butter
3 $\frac{1}{2}$ cups flour	3 tablespoons onion juice
2 tablespoons salt	80 pieces toast

Cook the chicken until tender, then remove the meat from the bones being careful to discard all gristle and skin. Scald the milk, measure and mix the dry ingredients. Melt the butter in a large kettle. When bubbling, add the dry ingredients and cook well together, stirring constantly. Do not allow to brown. After the mixture has cooked for several minutes, add the liquid, one cup at a time, stirring well. When thickened, add onion juice if desired. Add prepared chicken to white sauce and heat well before serving. Serve on hot pieces of freshly prepared toast.

CARRIE ALBERTA LYFORD

Chicken Jelly

1 rooster	2 teaspoons salt
6 quarts water	1 stalk celery

Boil until meat falls off bone and liquid is about one quart. Separate bones and skin from meat and put meat through grinder. Mix with broth. Put through purée strainer. This will make one loaf pan. This may be served hot as a thick soup or cold as meat loaf, or spread on bread for sandwiches.

L. SLOAN

Chicken Pie*50 servings*

30 pounds hens, boiled	$\frac{1}{2}$ cup minced onion
2 pounds salt pork	$\frac{2}{2}$ quarts diced potatoes

For the crust

4 pounds flour	1 pound lard
$\frac{1}{2}$ cup baking powder	6 cups milk
4 teaspoons salt	Mix as for baking powder biscuit

Dice the chicken in large dice. Cut pork and potatoes into smaller dice. Fry pork until brown, add onion and brown slightly. Make 3 gallons chicken gravy from stock, add the pork, from which the fat has been drained, and cooked potatoes. Place in pan or individual dishes, cover with crust cut in biscuit shape, and bake until well-browned.

HALLS AND COMMONS

UNIVERSITY OF WISCONSIN

Ham Cooked in Milk

Dredge thick slices of ham heavily with flour. Place in casserole or roaster and cover with milk. Cook *very* slowly for 3 hours.

Ham à la King

25 servings

4 cups ham cooked and diced	2 pimientos cut in narrow
1 quart medium white sauce	strips
2 cups mushrooms	2 minced green peppers
4 hard cooked eggs, sliced	

Heat the white sauce. Add pepper, pimiento, mushroom and ham. The egg may be added with the other ingredients or used as a garnish.

ELEANOR AHERN

Spanish Steak

1 round steak (2 pounds)	2 medium-sized onions
2 medium-sized carrots	1 pint canned tomatoes
salt and pepper to taste	

Cut meat in squares (size of service desired) place in baking pan, sprinkle with carrots thinly sliced, then onion sliced, lastly the tomatoes. Add seasoning to taste, cover and bake in slow oven for 2 hours. Do not add water, this will make its own sauce. (Green peppers may be added if desired.)

LAURA B. BOWLES

Spanish Steak*100 pieces—2" x 2" x 1"*

10 rounds 1 inch thick	$\frac{1}{2}$ cup salt
1 No. 10 can tomatoes	$\frac{1}{2}$ cup chopped green peppers
	$\frac{1}{4}$ cup chopped onions

Pound as much flour into the steak as possible. Brown in hot drippings. Put into a roasting pan in a hot oven. Add the tomatoes, green peppers, onions, and salt. Simmer slowly until tender.

ELIZABETH TUFT

Veal Croquettes*100 servings*

3 quarts milk	1 teaspoon pepper
1 pound butter	6 quarts cold diced veal
1 quart flour	$\frac{1}{2}$ cup onion juice
$\frac{1}{2}$ cup salt	$\frac{1}{2}$ cup chopped parsley
10 egg yolks	

Make a white sauce of the first five ingredients. When cold add the remaining ingredients. Dip in crumbs, egg, and crumbs. Fry in deep fat.

ELIZABETH TUFT

Meat Loaf*50 servings*

8 pounds raw beef	2 ounces pepper
8 pounds cooked beef	1 quart dry crumbs
4 pounds salt pork	8 eggs
4 ounces salt	1 quart gravy
	dash of thyme

Grind the meat, then mix with other ingredients. Set in pan of hot water, cover with oil paper and bake 2 hours.

HALLS AND COMMONS

UNIVERSITY OF WISCONSIN

Meat Loaf

120 servings

30 pounds meat	4 quarts cracker crumbs
6 eggs	3 quarts milk
$\frac{3}{4}$ cup salt	4 tablespoons sage
	10 egg yolks

Mix all thoroughly. Weigh out into 2-pound loaves. Pack in oiled pans and bake one hour.

LUCILE HARTMANN

Roulade of Beef

1 pound makes 4 servings

Cut slices $1\frac{1}{2}$ inch thick from the round. On these spread stuffing such as is used with poultry. Roll up like a jelly roll, tie and roast, basting often. Serve slices with brown gravy with mushrooms. Average 4 servings to pound.

EDITH M. LINCOLN

Beef Steak Pie

100 servings

30 pounds round steak	2 dozen onions
1 quart flour	2 pounds beef suet
	pepper and salt

Cut steak in suitable pieces for serving. Pound to break muscles. In bottom of large pan place small bits of suet and sprinkle with flour.

Cover with layer of beef, layer of sliced onions, pepper and salt, and layer of flour. Repeat until all meat is used. Add water to cover and bake in oven for about 2 hours. If water evaporates add more, always keeping plenty of gravy. Cover with a light pastry and bake.

MARGARET MACPHADYEN

Roast Beef with Yorkshire Pudding

Roast the beef as usual, basting often. Mix:

2 cups flour
 $\frac{1}{2}$ teaspoon salt

2 cups milk
3 well beaten eggs

Beat well as for popovers and turn into well greased pans, filling half full and baste with gravy from the roast. After the pudding has finished rising and firm, serve as a garnish to the roast.

Veal Loaf

25 servings

6 pounds veal
1 pound salt pork
2 cups of bread and cracker
crumbs

6 eggs
1 small onion chopped
juice of one lemon

ELEANOR AHERN

French Hash*40 servings*

2 quarts meat-tongue or corned beef or roast beef	1 cup chopped onions
2 quarts coarse bread crumbs	$\frac{3}{4}$ ounce salt
4 No. 2 cans corn	$\frac{1}{4}$ ounce pepper
1 cup chopped green peppers	2 tablespoons catsup
	1 quart gravy

Heat and put in molds, make hole in center of hash and drop in egg. Bake in oven till egg is done.

ESTHER OLSON

Maryland Hash*100 quarts—700 servings*

75 pounds corned flank	12 ounces salt
3 bushels potatoes	2 ounces pepper
15 pounds ham (broken pieces)	$\frac{1}{2}$ ounce paprika

Cook corned flank until tender. Boil potatoes in their jackets, peel when done. When cold put meat and potatoes through the meat grinder, adding the ham last. Mix all thoroughly and moisten with the water in which corned flank was cooked. Add salt and pepper.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Southern Hash*25 servings*

2 $\frac{1}{2}$ cups rice (uncooked)	2 $\frac{1}{2}$ quarts canned tomatoes
5 onions, chopped	2 $\frac{1}{2}$ pounds hamburg steak
$\frac{1}{2}$ cup fat	salt and pepper

Boil the rice 20 minutes. Brown the onion in the fat and add to the rice; add the tomato, meat and seasonings. Cook the mixture 45 minutes in a moderate oven. Macaroni may be substituted for the rice.

MARGERY M. SMITH

American Chop Suey

100 servings

10 pounds meat
2 pounds onion
2 pounds celery

2 quarts water
chop suey sauce enough to
flavor

Cut meat into small pieces and brown. Add other ingredients and simmer in a covered pot.

ESTHER OLSON

Turkish Yochney

50 servings

6 pounds beef cut in $\frac{1}{2}$ inch
cubes
 $\frac{1}{2}$ pound fat
1 No. 2 can strained toma-
toes

10 pounds beans, strings re-
moved, and cut in half
lengthwise
salt and pepper

Cook the meat in the fat with seasonings. Red pepper may be used. When meat is thoroughly browned, after 15 or 20 minutes cooking, add tomato and water to cover the meat. Then put in beans. Allow to boil slowly $1\frac{1}{2}$ hours, adding more water as necessary. Do not stir, keep covered. In this way the beans are steamed rather than boiled. It must be well

seasoned. If desired, a few onions may be cooked in the fat before meat is added. Onions, okra, potato or egg plant—peeled and cut in cubes—may be used in place of the beans.

NELLIE HALLIDAY

Mexican Chili

50 servings

16 pounds neck beef (ground)	$\frac{1}{4}$ cup chili Tonoline
2 pounds suet	$\frac{1}{4}$ teaspoons common sage
2 pounds chili peppers	$\frac{1}{4}$ cup rego
4 teaspoons petite peppers	$\frac{1}{4}$ cup comenis seed
1 button garlic	$\frac{1}{4}$ cup salt
1 gallon Mexican beans	

Add 4 quarts of water to meat and cook until well done and water almost boiled out. Render the suet out in the oven and put with the meat and boil for a short time, being careful not to scorch. Grind peppers and garlic very fine. Mix all together and stir into the meat. Put away in stone jar in a cool place for future use.

LUCILE HARTMANN

Creamed Shrimps with Green Peppers

100 servings

5 pounds shrimps dry	10 quarts No. 2 white sauce
$1\frac{1}{2}$ quarts chopped green peppers	

If canned shrimps are used, soak them one half hour in ice water, drain and mix with the

other ingredients. Serve with steamed rice or hominy.

BERTHA E. NETTLETON

Turbans of Fish

Remove skin and bone from sliced halibut. Make four pieces of each slice. Marinate in mixture of 2 parts olive oil and 1 part vinegar. Season with salt, paprika and onion juice. Roll each piece of fish and hold together with toothpick. Dip again in oil mixture, roll in fine cracker crumbs and fry in deep fat. Serve with Hollandaise sauce.

LUCILE STOUT

Escalloped Salmon

35 servings

4 No. 2 cans salmon	2 quarts cream sauce
2 quarts bread crumbs	salt, pepper and mustard

ESTHER OLSON

Escalloped Tuna Fish

100 servings

12 cans tuna fish	1 dozen hard cooked eggs
2 quarts cracker crumbs	

Combine with the following white sauce:

4 quarts milk	2 cups butter
2 cups flour	4 tablespoons salt
½ teaspoon pepper	

Cook well. Mix with the fish and eggs, put in buttered pans, sprinkle with buttered crumbs and bake in moderate oven until browned.

Salmon Loaf*100 servings*

12 cans No. 1 tall salmon	16 eggs
5 quarts bread crumbs	2 quarts celery chopped fine
4½ quarts milk	pepper and salt to taste

Mix well together, put in buttered pans and bake 45 minutes to an hour in a slow oven.

To Serve with Salmon Loaf

Add chopped hard boiled eggs to drawn butter sauce.

Fish Cakes*250 cakes*

33 pounds potatoes	20 eggs
13 pounds salt codfish	salt and pepper

Boil and mash potatoes, put fish through coarse grinder and mix with hot potatoes. Season and add unbeaten eggs. Mold with No. 12 ice-cream scoop and fry in deep fat.

Fish Cakes*60 cakes*

3 boxes salt cod fish	6 eggs
9 pounds potatoes	salt, pepper and paprika to
6 ounces butter	taste

Wash codfish, shread and cook until tender. Drain and add to mashed potatoes. Add butter, well beaten eggs and seasonings. Beat until light. Shape into cakes and fry in deep hot fat.

MARY PASCOE HUDDLESTON

COMBINATION DISHES

Baked Ham with Apples

50 servings

10 pounds ham, cut in slices	3 teaspoons cloves
1 inch thick	8 pounds apples
2½ cups brown sugar	2½ cups water

Rub into both sides of the ham as much brown sugar as possible. Put into baking dish and sprinkle with cloves. Cut apples into quarters and lay over the top. Pour over the water, cover and put in moderate oven to bake. Bake until ham is tender. Uncover the last few minutes to brown.

ESTHER ACKERSON FISCHER

Baked Corn and Ham

10 servings

1 (No. 1½) can corn, liquid drained off	½ cup milk
1 cup minced ham	1 egg well beaten
	salt if necessary

Mix all ingredients, put in a baking dish, cover with buttered crumbs. Bake until custard is firm.

LULU GRAVES

Stuffed Apples

Core, but do not peel, firm apples. Scoop out centers leaving a thick shell. Chop the apples which have been removed from the shell. Add sausage and bread crumbs in the proportion of two parts sausage to one part crumbs and one part apple.

Fill apple shells, put in baking dish with small amount of water to prevent burning. Bake until apples are done.

LULU GRAVES

Potato and Ham Souffle

144 servings

12 quarts mashed potato (not too dry)	3 dozen eggs
3 quarts chopped ham	paprika, parsley and salt to season

Mix mashed potato, ham, beaten egg yolks and seasonings. Fold into this the stiffly beaten egg whites. Bake in a moderate oven until firm. May be served plain or with white sauce.

Cornfritters

50 servings

5 pounds flour	2 ounces sugar
6 ounces baking powder	18 eggs
8 No. 2 cans corn	2½ quarts milk
2 ounces salt	

Combine in the order given and fry in deep fat.

ESTHER OLSON

Hunter's Corn Cake*40 servings*

2 quarts cornmeal	8 eggs
2 quarts white flour	1½ tablespoons melted butter
4 teaspoons salt	1½ pounds bacon cut in thin
2 cups sugar	strips and sprinkled on
9 tablespoons baking powder	top.
2 quarts milk	

Bake in moderate oven.

BERTHA L. FIELD

Potato and Sausage Loaf*100 servings*

10 quarts raw ground pota- toes	black pepper and salt to season
8 pounds pork sausage	

Put potatoes through the meat grinder (using three blade cutter). Mix well with sausage and seasonings. Pack in loaf tins and bake until done. Drain off fat that comes to the top of the pans. Serve with tomato sauce.

Cheese Fondue*100 servings*

4½ quarts scalded milk	1 cup butter
4½ quarts soft bread crumbs	½ cup salt
4½ pounds cheese (cut fine)	4 dozen eggs

Mix together the first five ingredients. Add the egg yolks, which have been beaten until thick and lemon colored. Fold in the stiffly beaten whites. Bake in a moderate oven for about 40 minutes.

ELIZABETH TUFT

Tomato and Cheese Fondue*100 servings*

6 quarts tomato purée	1 cup melted fat
8 quarts broken bread	3 dozen eggs
5 pounds grated cheese	2 tablespoons mustard
salt and paprika to season	

Pour the heated tomato purée over the broken bread. Add grated cheese, melted fat and beaten egg yolks. Fold into this the stiffly beaten egg whites. Bake in a slow oven.

LUCILE STOUT

Creamed Cheese with Bacon*30 servings*

4 quarts milk	2 cups flour
2 cups butter	4 teaspoons salt
2 pounds American cheese	

Make white sauce of first four ingredients, add cheese (put through food chopper). Serve on toast with 2 strips broiled bacon.

LUCILE STOUT

Curried Eggs*100 servings*

4 quarts milk	$\frac{1}{2}$ teaspoon pepper
2 cups butter	$\frac{5}{8}$ or more teaspoons curry
2 cups flour	45 hard boiled eggs cut in
4 teaspoons salt	slices

Make a white sauce of the first three ingredients. Mix salt, pepper, and curry and add to

sauce. Pile sliced eggs in center of platters; put a border of boiled or steamed rice around outside; pour sauce over eggs. Unless very hot, put in oven 2 or 3 minutes to reheat. If desired, triangles of toasted bread instead of rice may be served around eggs.

GLADYS M. COLLINS

Eggs Scalloped with Peas

100 servings

4 quarts milk	$\frac{1}{2}$ teaspoon pepper
1 $\frac{1}{2}$ cups butter	36 hard boiled eggs
1 $\frac{1}{2}$ cups flour	4 quarts canned peas
3 teaspoons salt	4 cups buttered crumbs

Make a white sauce of the first five ingredients following directions for white sauces. Drain peas and season to taste with salt, pepper and sugar. Put a layer of peas in baking dishes then a layer of sliced eggs, pour over the sauce and cover with a thin layer of buttered crumbs. Bake 20 minutes.

GLADYS M. COLLINS

Scalloped Noodles

70 servings

5 pounds noodles (boiled and drained)	2 pounds bacon, cooked crisp and chopped
1 gallon medium white sauce	

HALLS AND COMMONS

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Rice Omelet*50 servings*

3 quarts cooked rice
3 quarts warm milk
 $\frac{3}{4}$ cup melted butter

3 tablespoons salt
 $\frac{1}{2}$ teaspoon pepper
4 dozen eggs

Add melted butter, seasonings, and warm milk to rice; mix well and add well beaten eggs; cook and serve as cream omelet.

GLADYS M. COLLINS

Rice Croquettes*100 servings*

5 pounds rice boiled
 $3\frac{1}{2}$ ounces salt
1 ounce pepper
1 pound flour
 $\frac{1}{2}$ pound fat

2 quarts liquid (3 pints to
2 quarts)
6 eggs to 1 quart milk for
dipping

Add white sauce to boiled rice, cool and shape into form. Dip in crumbs, then eggs, then crumbs again. Fry in deep fat. Serve with tomato sauce.

HAZEL E. CHAMBERS

Turkish Pilaf*50 servings*

12 ounces fat
5 to $5\frac{1}{2}$ quarts water or stock

3 pounds rice
salt and pepper

Pick over rice, wash and dry it. Cook it in hot fat, stirring constantly. Add salt and pepper and tomato if used. Add about 4 quarts of water or stock. Cover and let boil slowly 10 to 15 minutes adding more water as it

thickens. Do not stir. When finished, the rice should be dry and the grains separate. If desired raisins may be added in this way. Wash and dry and cook for a few minutes in hot fat. Drain off fat and add raisins to pilaf when latter is done. Stir in lightly. "Fistick" or pine nuts are also used in this way. Serve with a yochney.

NELLIE HALLIDAY

Italian Macaroni

40 servings

2 quarts macaroni	2½ cups chopped onion
2 cups chopped mild green peppers	1½ cups bacon fat
4 tablespoons salt	4 quarts strained tomato
1 pound cheese, if desired	1½ cups flour

Boil macaroni, drain and blanch. Cook onion and pepper in bacon fat until soft but not brown. Add flour, stir until smooth; add hot tomato and stir until it boils, then add salt and macaroni. Reheat and serve at once.

Or put macaroni into earthen or enamel baking dishes, sprinkle with grated cheese and bake until cheese is melted and slightly browned.

GLADYS M. COLLINS

Spaghetti Italienne

50 servings

2½ pounds spaghetti	1½ cups flour
4 green peppers	4 quarts tomato juice
2 onions	1½ to 2 pounds cheese
1½ cups butter	salt, pepper and paprika

Cook spaghetti until tender. Drain. Turn into greased baking tins and pour over sauce made as follows: Brown green peppers and onion in butter, stir in flour, remove from fire. Add tomato juice slowly, stirring all the while. Return to fire and bring to boiling point. Remove, add chopped cheese and seasoning.

MARY PASCOE HUDDLESTON

Macaroni Neapolitan

100 servings

4 pounds macaroni	4 tablespoons Worcestershire
2 pounds meat scraps (ham, beef, etc.)	sauce
1 pound onions (fry in oil)	4 tablespoons grated horseradish
$\frac{1}{2}$ cup oil	2 ounces salt
$\frac{4}{4}$ quarts tomato purée	mushrooms
2 quarts gravy (or 2 quarts stock) and 1 pound flour	

Note.—Rice may be used instead of macaroni.

Macaroni or Spaghetti à l'Italienne

100 servings

3 packages of spaghetti or macaroni (family size)	2 pounds cheese
1 gallon tomatoes	8-12 green peppers—according to size
2 pounds bacon	10 medium-sized onions

Cook spaghetti in salt water until tender. Cook tomato, onion and pepper together $\frac{1}{2}$ hour. Cut bacon in 1-inch strips and fry. Cut cheese fine or grate it. Mix all together, bake 1 hour.

LULU GRAVES

Macaroni with Italian Sauce*100 quarts—700 servings*

24 pounds macaroni	9½ ounces butterine
18 gallon cans tomato	4 pounds salt
½ ounce soda	1½ ounces pepper
1 pound 12 ounces salt pork	2 pounds 4 ounces sugar
9 quarts flour	1 pound onions
9 quarts water	4 pounds American cheese

Break macaroni into small pieces, cook until soft; blanch. Put into pans one-third full. Strain tomato into container, add soda. Try out salt pork and use fat to bind thickening. Add thickening to strained tomatoes. Cook until it comes to boiling point. Remove from fire, add butterine, salt, pepper, sugar, and chopped onion. Add cheese cut into small pieces. Cook mixture until smooth. Pour over macaroni in pans, cover with buttered crumbs and brown in oven.

SCHOOL LUNCHEONS,
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SALADS

Ginger Ale Fruit Salad

25 servings

6 tablespoons gelatin	juice 4 lemons
$\frac{1}{2}$ cup cold water	2 cups white grapes
$1\frac{1}{2}$ cups boiling water	2 cups diced apples
4 cups ginger ale	2 cups chopped celery
$\frac{1}{2}$ cup sugar	2 cups canned pineapple
1 teaspoon salt	cubes
1 cup preserved ginger	Cream mayonnaise dressing

Soak gelatin in cold water; dissolve in boiling water; add ginger ale, sugar, salt, lemon juice. When jelly begins to set, fold in grapes (skinned and seeded), apples (pared, cored, and cut in small pieces), celery (chopped finely), pineapple (shredded) and ginger (cut finely). Turn into individual molds, chill and serve on lettuce leaves with mayonnaise dressing.

ROBENA MONTGOMERY

Orange and Prune Salad

35 servings

Peel and remove white covering of 1 dozen oranges and separate into "sections." Remove pits of 100 large-size stewed prunes. Arrange

4 sections of orange and 3 prunes on crisp lettuce leaves; sprinkle with chopped nuts and serve with French dressing. LUCILE STOUT

Porcupine Pear Salad

Scoop out the center of halves of canned pears. Stuff with mixture of cottage cheese and pistachio nuts. Invert pear on bed of lettuce. Garnish by sticking shredded pistachio nuts into pear to give it appearance of a porcupine. Serve with French dressing.

ANITA FELD

Fruit Salad

25 servings

4 cups seeded white grapes	4 apples
4 oranges	2 quarts double cream
4 small stalks celery	1½ cups sugar
4 bananas	2 lemons

Seed grapes and split in halves, cut rest of fruit in dices. Mix. Whip double cream, add sugar then lemon juice. Stir into fruit. Serve on lettuce with small wafer. Decorate with maraschino cherries or pecan halves.

LAURA B. BOWLES

Christmas Candle Salad

Individual

1 leaf lettuce	¼ inch wedge of apple un-
1 slice pineapple	peeled
½ banana	1½ inch stick of red candy
	(opera stick)

Use whipped cream salad dressing thin enough to pour. Erect banana in hole of pineapple. Stick the slice of apple in banana and pineapple to form handle. The red candy forms the flame. Pour dressing over banana before adding the "flame."

EMMA B. AYLWARD

Fruit Salad

9 servings

1 fresh pineapple (cut in pieces)	2 packages cream cheese
1 grapefruit (sections cut out)	2 tablespoons nuts (cut fine)
	9 maraschino cherries

Mix pineapple and grapefruit. Then mix cheese and nuts together and place in the center of the fruit mixture, which is placed in lettuce hearts. Serve with mayonnaise or boiled dressing.

G. K. GEHMAN

Mock Stuffed Pear Salad

7 or 8 servings

3 packages cream or neuf-chatel cheese	2 tablespoons nuts (chopped)
4 stuffed olives (chopped)	and mixed with olives
	cloves—paprika

Cream the cheese. Season with salt and pepper. Add enough cream to cheese to form the consistency of stiff dough. Take 1 tablespoon of cheese mixture, shaping it like a half pear, at the same time making a depression. Use a second tablespoon and do likewise. Fill

the depression with nut and olive mixture. Now pinch the halves together, stand upright and shape the pear. Place a clove on the top for the stem. Place on lettuce hearts and serve with mayonnaise or French dressing.

G. K. GEHMAN

Grape Fruit Salad with Maraschino Dressing

Steam grape fruit in pressure cooker three minutes. Cool. Peel, remove sections whole. Arrange on head lettuce and serve with French dressing to which chopped maraschino cherries are added in proportion of $\frac{1}{2}$ cup to 1 quart dressing.

R. STRAKA

Knickerbocker Salad

50 servings

6 grapefruit (separated into sections)	1 No. 3 can pineapple
12 oranges (separated into sections)	12 apples (cut in eighths)
	1 bunch celery (cut and curled)

ESTHER OLSON

Cinderella Salad

Individual

Place on crisp lettuce one slice of pineapple. Over the center of this place one-half pear which has been sliced crosswise. (Do not separate slices.) Around the pear arrange alternately

halves of fresh strawberries or cherries and whipped cream. Serve with a whipped cream mayonnaise dressing.

ESTHER ACKERSON FISCHER

Palm Beach Salad

Individual

Spread cottage cheese between two thin slices of pineapple. Over this arrange alternately, in the shape of a semicircle, slices of grapefruit, orange and apple. Arrange on lettuce and serve with French dressing.

ESTHER ACKERSON FISCHER

Butterfly Salad

Individual

1 slice pineapple
1 lettuce leaf
1 canned pimento

1 tablespoon whipped cream
2 stuffed olives
1 tablespoon salad dressing

Place on crisp lettuce leaf, halved slices of pineapple with cut side out for wings. Slice stuffed olives and place on each side of pineapple to spot wings. Fill space between pieces of pineapple with salad dressing mixed with whipped cream to form the body. Cut pimento in narrow strips about an inch long and use for feelers. Asparagus stalks or slice of banana may be used for the body instead of dressing.

IRENE L. WILLSON

Perfection Salad*100 servings*

1 cup granulated gelatin	3 tablespoons salt
1 quart cold water	2 quarts chopped cabbage
4 quarts boiling water	2 quarts diced celery
1 quart vinegar	2 quarts diced pineapple
4½ cups sugar	½ quart chopped pimiento

Soak the gelatin in cold water. Add the boiling water, sugar and salt. When beginning to thicken add the remaining ingredients. Put into individual molds or serve with an ice cream scoop. Serve with boiled dressing which has been mixed with an equal quantity of whipped cream. Garnish with pimiento.

ELIZABETH TUFT

Frozen Fruit Salad*25 servings*

4 large grapefruit	whipped cream dressing
1 pint chopped celery hearts	(½ pint whipped cream, 2
2 cans sliced pineapple	tablespoons lemon juice,
4 green peppers	salt and red pepper to
1 pint mayonnaise dressing	season)
½ pint French dressing or	1 head of lettuce

Peel and remove seed and inner membranes from grapefruit and break into small pieces. Cut pineapple into small pieces, shred peppers into very thin slices. Mix fruit and vegetables together and drain thoroughly. Mix with mayonnaise and pour into pound baking powder tins (2 or 3). Cover top first with sheet of writ-

ing paper, then the tin cover, seal the edge with a 1-inch strip of muslin dipped in melted butter. Bury tins in ice and salt for three hours. Remove salad from tin when ready to serve. Slice in 1-inch or less slices on a lettuce leaf, pour over a spoonful of French dressing or serve with a spoonful of whipped cream on top of each slice.

FAIRFAX T. PROUDFIT

Russian Salad

60 quarts

3 No. 10 cans peas	6 bunches celery
6 quarts potatoes (cooked)	1 No. 10 can beets
11 cucumbers	33 bunches radishes
10 tomatoes	5 pounds chicken (cooked)
12 No. 2 cans string beans	4½ pounds ham
10 No. 2 cans lima beans	46 heads of lettuce
14 quarts carrots (cooked)	3 quarts French dressing
6 quarts mayonnaise	

Dice meat and vegetables, marinate with French dressing. Serve on lettuce leaves with mayonnaise dressing.

SCHOOL LUNCHEONS,

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Perfection Salad

15 servings

1 ounce gelatin	juice 1 lemon
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup mild vinegar	2 cups celery cut in small
1 pint boiling water	pieces
1 teaspoon salt	$\frac{1}{2}$ cup finely cut olives
1 cup shredded lettuce	$\frac{1}{2}$ cup finely cut beets

Soak the gelatin in cold water five minutes. Add boiling water, vinegar, lemon juice, sugar and salt. When beginning to set, add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimientoes.

ANNA A. HOWLAND

Kidney Bean Salad

40 servings

1 gallon kidney beans	head lettuce
1½ cups salad dressing	8 dozen pickles (sweet)

Mix beans, chopped pickles, and salad dressing. Arrange on lettuce cup.

Carrot Salad

50 servings

12 cups grated or ground carrots	4½ cups English walnuts
	15 bananas cut in dices

Mix ingredients and add dressing, either mayonnaise or cooked dressing and serve on beds of lettuce.

RUTH C. GILBERT

Tomato Jello Salad*1 quart*

- | | |
|----------------------|---------------------------|
| 1 No. 3 can tomatoes | $\frac{1}{2}$ cup vinegar |
| 1 cup celery chopped | 1 teaspoon salt |
| 1 bay leaf | water |
| 2 chopped onions | 2 packages Lemon Jello |
| dash of cayenne | |

Cook together for 5 minutes tomatoes, celery, bay leaf, and onions. Strain through coarse sieve, add vinegar and enough water to make 1 quart. Season. Heat to boiling point and pour it over 2 packages of lemon jello. Pour into individual molds and when firm serve on lettuce leaves with mayonnaise dressing or pour into border mold and when firm on platter garnish with lettuce leaves and fill center with chicken or celery salad.

INEZ GRIFFIN

Cabbage and Nut Salad*56 servings*

- | | |
|--|--------------------------------------|
| 8 $\frac{1}{2}$ quarts (6 $\frac{1}{2}$ pounds) | 1 cup vinegar |
| chopped cabbage (not too fine) | 1 quart dressing using $\frac{1}{2}$ |
| $\frac{3}{4}$ quarts ($\frac{3}{4}$ pounds) chopped | mayonnaise and $\frac{1}{2}$ boiled |
| peanuts | dressing |

Served with No. 16 ice cream scoop.

ELNA BECKER

Cabbage Salad*160 servings*

- | | |
|---|---------------------------|
| 9 $\frac{1}{2}$ pounds shredded cabbage | 2 (14-ounce) cans pimento |
| 6 bunches diced celery | 60 apples, diced |

Combine above with 2 gallons of boiled dressing and serve on crisp lettuce leaf.

FLORA MCLAUGHLIN

Egg-Celery-Cabbage Salad

150 servings (No. 16 ice-cream scoop)

10 quarts eggs hard cooked and chopped	7 quarts cabbage cut fine 2 quarts celery diced 3 green peppers chopped
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Marinate celery with:

1 tablespoon salt	1 cup vinegar
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Mix with other ingredients and add

1 quart mayonnaise	1 quart boiled dressing
1 cup whipped cream	

ELIZABETH BEMIS

Pineapple Cabbage Salad

50 servings

4 quarts shredded cabbage put in water 1 hour to crisp, then dry on cloth	2 cups chopped blanched almonds 4 cups cut marshmallows
2 No. 2½ cans chopped pineapple	

Dressing

1 cup sugar	} mix together	½ cup vinegar
2 tablespoons cornstarch		if dark use 4 tablespoons vinegar and 4 tablespoons water
juice of 6 lemons		
8 egg whites		
1 quart whipped cream		

Mix first four ingredients and put over fire. When hot, not boiling, add whites of 8 eggs half

beaten and beat all the time while it cooks. When cold add 1 quart whipped cream.

LUCILE HARTMANN

Salmagundi Salad

30 servings

3 cups diced tomatoes	12 small pickles
3 cups chopped celery	1 large onion, minced
3 cups shredded new cabbage	lettuce
3 small cucumbers, diced	3 minced pimentos
9 hard cooked eggs	Dressing q. s.

Combine vegetables, chill and mix with dressing. Arrange on a lettuce bed, and garnish with the dressing, and hard cooked eggs, cut in strips lengthwise, and the pickles, which should be sliced in thin rounds.

HAZEL E. CHAMBERS

Cream Cheese Salad

25 servings

5 heads Boston lettuce	1 dozen packages cream cheese
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Arrange dry crisp lettuce leaves on salad plates. Put cream cheese through ricer and heap lightly on lettuce leaves. Serve without dressing.

INEZ GRIFFIN

Cottage Cheese Salad

80 servings

1½ gallons cottage cheese	6 medium-sized onions
parsley, salt and pepper	

Chop onions fine and mix with cottage cheese, salt and pepper. Make into cheese balls and garnish with parsley.

Cheese Pumpkins

Put American cheese through food chopper. Mix with cream and again put through chopper. Mold into shape of pumpkins. Cut stem of spinach to make "stem."

Cottage Cheese Salad

100 servings

2½ gallons cottage cheese	6 green peppers cut up fine
4 large stalks celery cut up fine	4 dozen green olives cut up fine
4 No. 1 cans pimentos	

Mix, season to taste with salt and pepper.

ALICE M. FERGUSON

Chicken Salad

64 servings (No. 16 ice-cream scoop)

4 pounds chicken (diced)	3 tablespoons salt
6½ quarts celery (diced)	½ cup vinegar
1½ quarts mayonnaise	

Marinate celery with vinegar and salt. Mix with chicken and dressing.

MABEL C. LITTLE

Tuna Fish Salad*25 servings*

5 cans tuna fish	10 hard cooked eggs
5 cups celery cut in pieces	10 medium-sized tomatoes

Combine tuna fish and celery. Heap lightly on lettuce leaves. Place 1 slice of hard cooked egg and 1 slice of tomato on opposite sides of salad. Serve with slices of lemon and mayonnaise dressing.

INEZ GRIFFIN

Salmon Salad*50 servings*

10 No. 1 tall cans salmon	24 firm cooked eggs chopped
2 quarts sour pickles cut in pieces	1 quart chopped celery
1 pint olives cut in pieces	1 teaspoon paprika
	2 tablespoons salt
	1 cup vinegar

Remove bones and skin from salmon and break in pieces. Mix all ingredients together. Garnish with cress or celery tops. Serve cold.

IRENE E. ENDERS

Salmon Salad*80 servings*

8 cans salmon	2 quarts cut celery
4 No. 2 cans peas	2 quarts salad dressing

Mix in the order given.

ESTHER OLSON

SALAD DRESSINGS

Cream Salad Dressing

5 1-2 quarts

$\frac{1}{2}$ cup mustard	8 eggs
$\frac{3}{4}$ tablespoons salt	1 quart vinegar
$\frac{3}{4}$ cup sugar	4 quarts milk or sour cream
$1\frac{1}{2}$ cups flour	($\frac{1}{2}$ cup butter) (omit if cream is used)

Mix and sift dry ingredients. Add the eggs and beat until smooth, add the milk gradually. Place over hot water and cook until thickened, stirring constantly. Remove from fire and add the vinegar and butter. It is inexpensive but good, and delicious when made with sour cream.

NELLIE M. OSGOOD

Sour Cream Dressing

1 pint

2 eggs	1 tablespoon flour
3 tablespoons vinegar	2 tablespoons sugar
$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	

Beat eggs well, add vinegar, and dry ingredients mixed together. Add sour cream to this mixture slowly, stirring constantly. Cook in double boiler until thick, beating constantly.

ANITA FELD

Fruit Salad Dressing*1 pint*

juice of 3 lemons	1 cup sugar
juice of 3 oranges	3 eggs

Beat eggs until yolks and whites are well mixed together. Add fruit juice and sugar. Cook in double boiler until thick. Heavy whipped cream may be added to dressing just before serving. Serve on fruit salads of all kinds.

ANITA FELD

Sweet Sour Dressing*2 quarts*

3 cups vinegar	3 tablespoons flour
2½ cups sugar	1½ teaspoons mustard
1½ cups butter	3 teaspoons salt
12 egg yolks	

Combine, cook as a custard, cool and add 3 cups of whipped sweet or slightly sour cream just before serving.

HAZEL E. CHAMBERS

Salad Dressing*6 quarts*

7 cups vinegar	6 cups sugar
7 cups hot water	2 tablespoons salt
2 cups flour	3 dozen eggs
1 cup dry mustard	1 quart 40 per cent cream

Heat vinegar and water. Mix dry ingredients and stir into hot liquid in double boiler. Cook until thickened then add the eggs, which have been slightly beaten. Cook 20 minutes.

Remove from fire, chill, and add cream which has been whipped, before serving.

HELEN CLARKE

Mayonnaise Dressing

3 quarts

4 egg yolks	$\frac{1}{2}$ cup vinegar and
3 teaspoons mustard	$\frac{1}{2}$ cup water
2 teaspoons salt	1 lemon
$\frac{1}{2}$ teaspoon paprika	2 quarts olive oil (seirilla)
$1\frac{1}{2}$ teaspoons powdered sugar	4 egg-whites

Add beaten whites last.

SIMMON'S LUNCH ROOM

Thousand Island Dressing

1 part catsup	$1\frac{1}{2}$ parts mayonnaise
1 part picallili	

Mix thoroughly.

MILDRED HUSSA

Thousand Island Dressing

30 servings

Place in a mixing bowl and chop very fine the following:

6 small sweet pickles	1 green pepper
6 large ripe olives	1 pimento
4 large green olives	1 stalk celery
1 medium-sized onion	3 hard cooked eggs
$\frac{1}{2}$ cup blanched almonds	

Stir in 1 cup chili sauce and 4 tablespoons tarragon vinegar. Add 1 quart mayonnaise.

ESTHER ACKERSON FISCHER

Mayonnaise*4 gallons*

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|-----------------------|----------------------|
| 2 quarts egg yolks | 1 tablespoon cayenne |
| 4 tablespoons salt | 3½ gallons salad oil |
| 2 tablespoons mustard | 1 quart vinegar |

ELIZABETH BEMIS

Boiled Dressing*4 gallons*

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|------------------------------|----------------------------|
| 3 gallons milk | 1 quart egg yolks |
| 1 quart vinegar | 3 tablespoons mustard |
| 2 cups flour and 1 cup corn- | 3 tablespoons sugar |
| starch | 2 tablespoons white pepper |
| | 6 tablespoons salt |

MABEL C. LITTLE

Fruit Salad Mayonnaise*2 quarts*

- | | |
|---------------------|---------------------------|
| 2 eggs | ½ teaspoon pepper |
| 2 teaspoons mustard | 3 teaspoons sugar |
| 2 teaspoons salt | 4 tablespoons vinegar |
| ½ teaspoon paprika | 4 tablespoons lemon juice |
| | 3 cups salad oil |

Mix for mayonnaise

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|------------------------------|---------------------------|
| 4 teaspoons granulated gela- | 2 cups hot water |
| tin | 2 tablespoons lemon juice |
| 4 tablespoons cold water | |

Mix for jelly—when it starts to stiffen whip lightly, then beat into mayonnaise.

ELEANOR AHERN

French Dressing*4 quarts*

3 quarts oil
3 tablespoons paprika

1 quart vinegar
4 tablespoons salt

ELNA BECKER**Russian Dressing***3 1-2 quarts*

1 quart boiled dressing
1 cup catsup

1 quart chopped pickle
1 cup grated cheese
1 quart pimento

ELNA BECKER

BREADS AND QUICK-BREADS

Nut Bread for Sandwiches

150 sandwiches

2½ quarts cornmeal	5 cups brown sugar
5 quarts graham flour	6½ tablespoons soda
5½ quarts pastry flour	½ cup salt
5 cups molasses	5 cups nuts
3 quarts milk	

Use 1½ pounds butter and 1 cup milk. Cream the butter and milk for spreading.

SIMMON'S LUNCH ROOM

Raisin Bread

80 pounds

4 pounds sugar	8 ounces salt
2 pounds lard	1 pound compressed yeast
2 pounds butter	60 pounds flour
18 eggs	3 pounds raisins
8 quarts milk	3 pounds currants
7 quarts water	

Add lard, butter, sugar, salt and eggs to milk. Dissolve yeast in water; have liquid 88° before adding to flour. Add all to flour and mix. Fruit is put in any time before rising; let rise from 3 to 3½ hours; lay over by pulling in sides and ends until you have again a solid mass. Let

rise for $\frac{1}{2}$ hour. Put in pans and let rise 30 to 45 minutes. Bake 40 to 50 minutes in medium hot oven, 360° .

M. C. LITTLE

Coffee Bread

30 10-inch round loaves

10 quarts milk	3 pounds shortening
2 dozen eggs	flour q.s. to make soft
$\frac{1}{2}$ pound yeast	dough
2 $\frac{1}{2}$ quarts sugar	

Follow order of bread making. Brush loaves with beaten egg and water before baking. Bake in slow oven to a light brown.

PRESBYTERIAN SCHOOL FOR NURSES

Prune or Date Bread

1 loaf

1 cup prunes or dates	1 teaspoon salt
2 $\frac{1}{2}$ cups graham flour or	4 teaspoons baking powder
1 cup flour	1 cup milk
1 $\frac{1}{2}$ cups graham flour	1 tablespoon melted shorten-
$\frac{1}{2}$ cup sugar	ing

Stone and chop fruit (prunes must be soaked several hours and drained). Mix flour, sugar, salt and baking powder; add milk and beat well; add fruit and shortening. Put into greased bread pan; allow to stand 20 to 25 minutes in warm place. Bake in moderate oven one hour.

EDUCATIONAL DEPARTMENT,

ROYAL BAKING POWDER COMPANY

Peanut Butter Bread*1 loaf*

2 cups flour	$\frac{1}{2}$ cup sugar
4 teaspoons baking powder	1 cup peanut butter
1 teaspoon salt	1 cup milk

Sift flour, baking powder, salt and sugar together. Add milk to peanut butter, blend well and add to dry ingredients; beat thoroughly. Bake in greased loaf pan in slow oven 45 to 50 minutes. This is best when a day old. It makes delicious sandwiches cut in thin slices and filled with either cream cheese or lettuce and mayonnaise.

RUTH WATSON

Boston Brown Bread*4 large loaves*

1 quart cornmeal	2 tablespoons soda
1 quart graham flour	2 cups molasses
1 quart entire wheat or rye	4 teaspoons salt
	2 quarts sour milk

If sweet milk is used, add 2 and 2-3 table-spoons cream of tartar. Mix and sift dry ingredients together; add milk and molasses, beat thoroughly. Fill well-greased molds two-thirds full; cover and steam $3\frac{1}{2}$ hours; if not used the same day, steam an hour before using; send to table in covered dishes or wrapped in napkins. Raisins may be added if desired.

GLADYS M. COLLINS

Boston Brown Bread*14 loaves—12 servings each*

6 pounds flour	6 pounds whole wheat
6 pounds cornmeal	2 quarts molasses
2 ounces salt	5½ quarts water
2 ounces soda	4 pounds raisins

Sift dry ingredients together. Make a well in the center and add the liquids. Stir until mixture is smooth. Add raisins and steam.

M. C. LITTLE

Bran Cakes*50 cakes*

1 quart flour	4 teaspoons soda
2 quarts bran	1½ quarts sour milk
3 teaspoons salt	2 cups molasses

Sift flour, salt, and soda together, add bran and mix thoroughly, then add molasses and milk. Beat well and bake in muffin pans in moderate oven 30 minutes or till done.

GLADYS M. COLLINS

Coffee Bread*35-40 servings*

6 tablespoons butter	½ cup raisins
4 cups flour	8 teaspoons baking powder
2 tablespoons sugar	1 teaspoon cinnamon
1 teaspoon salt	2 eggs
1½ cups milk	

Add melted butter to dry ingredients. Add milk and then fold in well beaten eggs.

M. C. LITTLE

Peanut Bread*6 2-pound loaves*

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|---------------------------|--------------------------|
| 2 quarts luke warm liquid | 1½ quarts ground peanuts |
| 3 tablespoons salt | (put through meat chop- |
| 5 quarts flour | per) |
| 1 cup sweetening | 2 cakes compressed yeast |

Make as yeast bread.

STATES RELATION BUREAU,
WASHINGTON, D. C.

Breakfast Buns*2 dozen buns*

- | | |
|-------------------------------|------------------------------|
| ¾ cup sugar | ¾ cup butter |
| 1 teaspoon salt | 2 teaspoons lemon juice |
| 2 cups scalded milk | flour |
| 3 cups flour | 2 yeast cakes dissolved in ½ |
| 1 cup raisins cut in quarters | cup lukewarm water |
| and dredged | |

Add one half sugar and salt to scalded milk. When cooled to lukewarm, add dissolved yeast cake and 3 cups flour. Cover and let rise until light. Add butter, remaining salt, sugar, raisins, lemon juice and flour to make a dough, let rise until doubled in bulk. Shape into buns, let rise until light and doubled in size, brush over with beaten egg before baking.

INEZ GRIFFIN

Swedish Raisin Bread*5 1-pound loaves*

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|--------------------------|--------------------------|
| ½ pound compressed yeast | flour sufficient to make |
| 2 cups lukewarm water | thick batter |

Let above mixture rise and fall once before ready to mix. Add:

2 cups milk, lukewarm	2 egg yolks
3 tablespoons melted butter or lard	1 cup raisins, seeded
	$\frac{1}{4}$ teaspoon ground mace

Mix to a stiff dough and let rise. When light bake in moderate oven.

LAURA B. BOWLES

Date Muffins

100 servings

2 $\frac{1}{2}$ quarts milk	$\frac{3}{4}$ cup baking powder
2 cups sugar	8 eggs
5 quarts flour	1 $\frac{1}{2}$ pounds dates
	2 tablespoons salt

Combine in the usual order for muffins.

URSULA SENN

Graham Muffins

40 muffins

1 quart graham flour	4 eggs beaten separately
1 quart white flour	$\frac{1}{2}$ cup lard
$\frac{3}{4}$ cup sugar	1 quart sour milk
5 $\frac{1}{2}$ teaspoons baking powder	2 teaspoons soda
	2 $\frac{1}{2}$ teaspoons salt

Mix dry ingredients and milk and soda, add egg yolks, and lard, lastly egg whites beaten stiff. Bake in hot oven.

LUCILE HARTMANN

Rice Muffins*12 muffins*

1½ cups flour	2 eggs
2 teaspoons baking powder	milk
1 teaspoon salt	1 tablespoon butter, melted
2 tablespoons sugar	½ cup boiled rice

Sift the dry ingredients into the mixing bowl. Add the well beaten eggs and milk to make a stiff batter. Beat vigorously and add the melted fat and rice. Have gem pans well greased and hot. Fill two-thirds full and bake in a hot oven about 15 minutes.

SISTER GABRIEL

Baking Powder Biscuits*288 biscuits*

12 pounds flour	½ cup salt
10 ounces baking powder	2 pounds shortening
2½ quarts milk or water	

Sift together flour, baking powder and salt. Add shortening, rub or lightly cut in; add liquid slowly, roll or pat on smooth floured surface to about one inch in thickness (handle as little as possible), cut out. Bake in a hot oven (450°) 15 or 20 minutes.

RUTH WATSON

Cheese Biscuit

Use any good recipe for baking-powder biscuit. In place of ½ amount of shortening, use

an equal amount of American cheese, put through food chopper and worked into flour with the shortening. Makes a delicious salad biscuit.

LUCILE STOUT

Crumb Muffins

50 muffins

6 cups stale bread crumbs	2 tablespoons baking powder
3½ cups milk	1½ tablespoons salt
3 cups flour	6 eggs
3 tablespoons shortening	

Soak crumbs in cold milk 10 minutes; add flour, baking powder and salt which have been sifted together. Add well beaten eggs and melted shortening, mix well. Heat muffin tins, grease and drop 1 tablespoon of batter into each. Bake 20 to 25 minutes in hot oven.

RUTH WATSON

Royal Corn Squares

384 squares

6 pounds flour	6 pounds cornmeal
10 ounces baking powder	2 pounds shortening
½ cup salt	7½ quarts milk or water

Mix and sift all dry ingredients, add liquid and melted shortening. Stir well and pour into greased shallow pans. Bake in hot oven (400°) about 25 minutes.

EDUCATIONAL DEPARTMENT,
ROYAL BAKING POWDER COMPANY

Waffles*8 whole waffles*

3 eggs	1½ cups flour (2 cups may be needed)
2 tablespoons melted butter	1½ teaspoons baking powder;
1 pint milk	pinch of salt

Beat whites of eggs stiff but not dry; add yolks and beat till well mixed; add melted butter and beat. Sift flour with baking powder. Add milk and flour mixture alternately, beating with egg beater until smooth. Bake on well greased iron.

MILDRED HUSSA

Pancakes*50 servings*

5 pounds flour	1 ounce salt
2½ ounces baking powder	6 eggs
4 ounces sugar	4 ounces fat
4 quarts milk	

Mix in the order given.

ESTHER OLSON

DESSERTS

Steamed Bread Pudding

72 servings

4 quarts ground bread or toast crumbs	8 eggs
2 quarts water	2 quarts flour
2 quarts molasses (or part syrup)	3 tablespoons cinnamon
3 tablespoons soda	4 teaspoons cloves
	1 tablespoon salt
	6 cups raisins (or part nuts)

Steam 3 hours. Serve with lemon sauce.

If steamed in six bread tins, this recipe makes
72 servings, 2" x 4" x $\frac{3}{4}$ " thick.

MARGARET S. DREW

Royal Pudding

100 servings

12 quarts milk	18 eggs
5 quarts stale bread, broken into small pieces	8 cups sugar
	nutmeg
	jam, jelly or preserves

Scald milk and pour over the bread. Add
beaten yolks of eggs, sugar and nutmeg. Bake
slowly for one hour. Remove from oven and
cover over the top of pudding with jam or fruit.
Cover with whites of eggs beaten stiff with
sugar added to sweeten. Place in oven to
brown.

MARGARET MC PHADYEN

King Pudding*100 servings—2½" x 2½" x 2"*

2½ quarts molasses
 2½ teaspoons salt
 10 eggs

2½ teaspoons soda
 8½ quarts flour
 5 cups hot water

Combine molasses, salt and eggs. Put soda into hot water and add to mixture. Fold in the flour. Steam two hours.

Sauce—for above Pudding*1½ tablespoon per serving*

2 cups butter
 1 quart sugar

8 eggs
 1 quart whipped cream

Cream butter and sugar. Add gradually egg beaten light. Then fold in the cream.

MRS. JESSIE B. MUELLER

Steamed Fig Pudding*25 servings*

2 cups beef suet—ground fine
 2 cups figs—ground fine

5 cups stale bread crumbs
 soaked in 1 cup milk 1
 hour

Add:

2 eggs
 2 cups sugar

2 tablespoons salt
 2 teaspoons baking powder

Serve with lemon sauce.

URSULA SENN

Fig Pudding*50 servings*

- | | |
|------------------------------|------------------------------|
| 1 quart flour | 1 quart brown sugar |
| 3 tablespoons baking powder | 1 quart bread crumbs, soaked |
| 1½ tablespoons salt | in milk |
| 1½ tablespoons cinnamon | 4 eggs |
| 1 quart figs | 1 cup suet, chopped fine |
| 1 quart apples, chopped fine | ½ cup molasses |

Mix. Pour into buttered molds and steam 3 hours. Serve with foamy sauce.

Foamy Sauce

- | | |
|------------------------|-------------------------------|
| 1 quart powdered sugar | ½ cup fruit juice |
| 2 cups butter | 1 cup boiling water |
| 4 teaspoons vanilla | 4 egg whites beaten to a foam |

Cream butter and sugar. Add vanilla and fruit juice. Just before serving add the boiling water, stir well. Add egg whites and beat until foamy.

ANNA BOLER

Brown Pudding*25 servings*

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|------------------------|-------------------------------|
| 4 eggs | 1 tablespoon soda sifted with |
| 1 cup granulated sugar | 6 cups flour |
| 1 cup melted butter | 2 cups boiling water added |
| 2 cups molasses | last |

Steam 1 hour.

Sauce

- | | |
|------------------------|-------------------------|
| 1 quart cream, whipped | 8 egg yolks, beaten |
| 2 cups powdered sugar | 2 teaspoons lemon juice |

ANNA BOLER

Steamed Pudding*250 servings*

4 quarts suet	4 quarts sour or buttermilk
4 quarts molasses	4 quarts raisins
	salt

Combine and add flour to make medium batter. Half fill bread pans. Steam 2 hours. Serve with spiced pudding sauce.

EMMA B. AYLWARD

Date Pudding*50 servings*

3½ cups sugar	3½ teaspoons baking powder
1 scant cup butter	1 cup milk
7 eggs	7 cups chopped dates
3½ cups flour	3½ cups chopped nuts

Cream butter and sugar. Beat eggs until light and add to the above mixture. Add flour and milk alternately with the rest of the ingredients. Bake in a slow oven 30 to 45 minutes. Serve with hard sauce or whipped cream.

CLARA SMITH

Mock Plum Pudding*40 quarts (320 servings)*

10 pounds stale bread	1 tablespoon cinnamon
3 pounds raisins	1 tablespoon nutmeg
4 pounds brown sugar	1 teaspoon ginger
3 quarts molasses	½ teaspoon clove
7½ gallons milk	½ pound butterine
1 tablespoon salt	3 dozen eggs

Break bread into small pieces. Put in buttered pans. Cover with a layer of raisins, sprinkle with brown sugar and pour molasses over this. Slightly beat eggs and milk together, add salt and spices. Pour over bread in pan, dot with pieces of butterine and bake until firm in center.

DAISY TREEN

Luncheon Dessert

225 servings

- | | |
|----------------------------------|---|
| 3 quarts sugar | $\frac{1}{2}$ cup soda |
| $1\frac{1}{2}$ quarts shortening | $\frac{1}{4}$ quarts finely chopped bread |
| 2 dozen eggs | crumbs |
| 3 quarts molasses | 2 quarts chopped peanuts |
| 3 quarts sour milk | flour to make a thin cake |
| $\frac{1}{2}$ cup salt | dough |

Combine as cake. Bake in sheets and serve with caramel or hard sauce.

EMMA B. AYLWARD

Date Pudding

25 servings

- | | |
|--------------------------------------|------------------------------|
| 1 dozen eggs, separated | 4 cups dates (stoned and cut |
| $1\frac{1}{2}$ cups sugar | before measuring) |
| $\frac{3}{4}$ cups fine bread crumbs | 2 cups milk |
| $1\frac{1}{2}$ cups walnut meats | 4 tablespoons flour |
| 4 tablespoons baking powder | |

Beat egg yolks until thick and creamy. Add sugar and beat again, then add crumbs, nuts and dates. Mix together with milk; add sifted flour and baking powder and fold in the whites

beaten stiff. Bake as custard. For individual orders use the glass custard cups. Serve with whipped cream.

LUCILE STOUT

Charlotte Pudding

100 pieces—1½" x 1½" x 2"

1 quart nuts	3½ quarts milk
1½ quarts raisins	4 dozen eggs
6 quarts graham crackers	¼ cup vanilla
¾ quart sugar	⅓ cup baking powder

Grind the nuts, raisins, and graham crackers. Add the sugar, baking powder, milk, vanilla and the beaten egg yolks. Fold in the stiffly beaten egg whites. Bake in a moderate oven for 30 minutes. Serve with whipped cream.

ELIZABETH TUFT

Grape-Nut Pudding

9 quarts—60 servings

6 quarts milk	6 tablespoons melted butter
5 cups grape-nuts	3 cups sugar
12 eggs	3 teaspoons salt
	2 tablespoons vanilla

Cook milk and grape-nuts in double boiler 20 minutes. Cool, add beaten eggs and remaining ingredients. Bake in pudding pans in slow oven about 45 minutes. Serve with plain cream.

Creamy Rice Pudding*50 servings*

1½ gallons milk	1 pound sugar
1 pound rice	½ cup butter
1 tablespoon salt	grated nutmeg

Wash rice, put in baking pan and add other ingredients. Bake in a slow oven 3 hours or until rice is tender.

Stir occasionally during the baking. Pudding should be thin when hot but thick when cold.

NAHOMI C. JONES

Norwegian Rice Pudding*65-70 servings*

2 quarts rice	6 egg yolks
14 quarts milk	2 cups cream
6 tablespoons salt	vanilla

Cook rice, milk and salt until the rice is soft. Beat egg yolks and add cream and flavorings. Cook slightly and serve.

D. AYERS

Chocolate Rice Meringue*150 servings*

15 quarts milk	1½ quarts cocoa
7½ cups rice	3 tablespoons salt
2 cups butter or fat	80 egg whites
10 cups sugar	5 tablespoons vanilla

Cook first six ingredients as for a rice pudding. Cool. Add beaten egg whites and vanilla.

BRETA LUTHER

Rice Pudding*30 servings* $1\frac{1}{2}$ cups rice
2 cups sugar $\frac{1}{2}$ cup pearl tapioca
 $\frac{6}{8}$ quarts milk

Divide rice, tapioca and sugar into two baking pans. Add milk and stir until sugar is dissolved. Grate nutmeg over the top and bake 3 hours in slow oven. Stir frequently to prevent scum. Skimmed milk may be used if butter is added.

MARY CUNNINGHAM

Sunset Pudding*50 servings*

Mix to paste with cold milk, 1 cup sugar, $1\frac{1}{2}$ cups cornstarch and $\frac{1}{2}$ teaspoon salt. Pour over it 4 quarts scalded milk. Cook in double boiler until thick.

Pour $\frac{1}{3}$ of blanc mange over juice and grated rind of 1 orange, 2 egg yolks and a few drops margarine coloring.

Pour $\frac{1}{3}$ of blanc mange over $\frac{1}{2}$ glass dark red jelly.

To last third add $\frac{2}{3}$ cup cocoa, mixed to paste with hot water and cook 5 minutes. When serving put 1 dessert spoon of each kind in dessert dish, or pudding may be mixed together in streaks. Various colors may be obtained with left-over puddings and fruit juices.

MARY CUNNINGHAM

Prune Pudding*8 gallons*

10 pounds prune pulp	8 tablespoons cinnamon
2½ gallons water	1 tablespoon salt
10 pounds sugar	6½ cups cornstarch
7 quarts boiling water	18 lemons
2 dozen egg whites	

Cook prunes, put through sieve, add sugar, hot water, cinnamon and salt. Add cornstarch mixed with cold water and cook in double boiler 45 minutes. When cool add lemon juice and beaten egg whites.

SUE COFFIN

Lemon Mist*40 servings*

12 lemons, juice and rind	9 cups sugar
12 cups boiling water	2½ cups cornstarch
12 eggs	

Pare off lemon rind, add boiling water. Cover closely and let stand 15 minutes. Mix cornstarch with sugar and add slowly the boiling water (which has been drained from rind and reheated), boil 2 minutes. Cook in double boiler 1 hour. Mix yolks of eggs and lemon juice. Pour mixture over this and cook about 2 minutes. Pour over the stiffly beaten whites. Serve cold with cold soft custard.

S. E. HUGHES

Tapioca Cream*50 servings*

1½ cups pearl tapioca	2 cups sugar
3 quarts scalded milk	12 eggs
1 teaspoon salt	3 teaspoons vanilla

Soak tapioca one hour in cold water to cover. Drain, add to hot milk, and cook until clear. Mix sugar, salt and slightly beaten egg yolks, and add hot mixture, stirring constantly. Return to double boiler and cook until it thickens. Remove from fire and fold in stiffly beaten whites of eggs. Flavor and chill.

GLADYS M. COLLINS

Caramel Custard*30 servings*

3 cups sugar	12 eggs
¾ cup hot water	1 teaspoon salt
3 quarts milk	1 tablespoon vanilla

Caramelize all of sugar and add hot water. Scald milk and add to beaten eggs. Combine with the caramel syrup and add salt and vanilla. Bake in moderate oven in custard cups, surrounded by water.

GERTRUDE OEHMIG

Baked Cup Custards*40 quarts (280 portions)*

8½ dozen eggs	33½ quarts milk
8½ pounds sugar	3 teaspoons salt
4½ teaspoons nutmeg	

Beat eggs slightly and add sugar. Stir the milk, salt and nutmeg into beaten eggs. Strain mixture. Fill cups brimming full. Bake slowly in pans of water.

SCHOOL LUNCHEONS

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Scotch Apple Pudding

1 10" cake, 1½" deep

1 cup sugar	1 cup raisins
½ cup butter	2 cups flour
1 egg	1 teaspoon soda
1 cup apple sauce	2 tablespoons hot water

Cream the butter and sugar; add egg well beaten, then apple sauce, flour sifted three times. Add raisins dredged with flour and lastly, soda dissolved in the hot water. Bake 45 minutes.

SISTER MARY AGNES

Farina Pudding with Raisins

1000 servings

4 ounces per capita allowance of milk, 121 quarts	½ of an egg per capita allowance, 21 dozen
½ ounce per capita allowance of farina, 31 pounds	seedless raisins (or currants combined) 12 or 15 pounds
½ ounce per capita allowance of sugar, 31 pounds	

Cook cereal in milk with sugar. Add eggs, slightly beaten. (Best results are obtained for

a light dessert when the white is beaten to a froth and folded in shortly before mixture is taken from the cooker.) Flavor and add raisins, which have been allowed to swell in water.

ROSE O. BROWN

Cherry Tapioca

75 servings

4 cups minute tapioca	6 quarts boiling water
3 quarts sugar	1½ quarts cherries
	1½ tablespoons salt

Drain cherries, using juice instead of part of water. Cook tapioca, sugar and salt in water until tapioca is clear. Remove from fire and add cherries.

LUCILE HARTMANN

Raisin Tapioca

40 quarts (320 portions)

10 pounds tapioca	3 pounds raisins
25 quarts boiling water	10 pounds brown sugar
½ ounce salt	½ ounce cinnamon
	10 lemons

Soak tapioca about one hour in cold water to cover. Drain, add boiling water and salt. Cook until tapioca looks clear. Add raisins, brown sugar, cinnamon and juice of lemons.

SCHOOL LUNCHEONS

WOMAN'S EDUCATIONAL AND INDUSTRIAL UNION

Stanford Walnut Pudding*100 servings*

16 eggs	3 envelopes gelatin (3
8 cups sugar	ounces)
3 quarts thin cream	4 quarts ground walnuts

Beat yolks and add sugar. Add to cream which had been heated in a double boiler. Soak gelatin in part of cream. Cook yolks and cream until thick and pour over gelatin, stir until dissolved. Add ground walnuts. Place in bowl of cracked ice. When beginning to thicken fold in beaten egg whites. Place in individual molds. Serve with walnut pudding sauce.

Walnut Pudding Sauce

7 cups sugar	7 tablespoons butter
3½ cups thin cream	juice of two lemons
	vanilla to taste

Heat sugar, cream and butter in double boiler until melted. Add lemon juice and flavor with vanilla. If not tart enough add a little more lemon juice.

L. SLOAN

Chocolate Bavarian*30 servings*

8 tablespoons gelatin	2 quarts milk
1 cup cold water	2 cups sugar
1 cup hot water	2 tablespoons vanilla
4 squares (ounces) chocolate	1 quart cream (whipped)

Soak gelatin in cold water. Heat milk, shave chocolate very fine, add hot water and let boil until smooth. Combine milk and chocolate and add to gelatin, add sugar and vanilla. Chill; when partly set, fold in whipped cream.

GERTRUDE OEHMIG

Gelatin with Whipped Cream

60 servings

Make 4 quarts gelatin with left-over fruit juices. When ready to serve break into small pieces and fold in one pint cream whipped stiff and flavored with 1 teaspoon lemon extract and $\frac{1}{2}$ cup sugar.

MARY CUNNINGHAM

Pink Pudding Stanford

100 servings

7 envelopes gelatin (7 ounces)	3 pints maraschino cherries
2 cups maraschino juice	$\frac{1}{2}$ dozen oranges
$\frac{3}{4}$ pound rice	1 dozen bananas
$2\frac{1}{2}$ pounds sugar	3 packages dates
$\frac{2}{3}$ quarts milk	1 cup lemon juice
	3 quarts 40 per cent. cream

Soak gelatin in maraschino juice. Cook rice with sugar and milk until soft. When well cooked pour over gelatin, cool, add fruit cut in small pieces. Add lemon juice. Fold in cream beaten stiff. Place in individual molds.

L. SLOAN

Caramel Bavarian*60 servings*

2 quarts sugar caramelized	1 quart sugar
2 quarts hot water	16 eggs
1 quart scalded milk	1 cup gelatin
1 pint water	

Mix egg yolks with 1 quart sugar, added to milk and caramelized sugar. Add dissolved gelatin to hot custard. When almost set beat in stiffly beaten whites.

LUCILE HARTMANN

Fresh Strawberry Bavarian Cream*50 servings*

5 ounces granulated gelatin	2½ quarts heavy cream
2½ cups water	2½ quarts stemmed strawberries
2½ cups sugar	

Soak gelatin 10 minutes in cold water to cover. Put sugar and water in saucepan, add berries, and heat to boiling point but do not boil or mash. Turn in the gelatin and cool; when of the consistency of egg white, add the cream, whipped stiff, folding it in carefully. Let stand to become stiff and serve with additional berries, stewed.

L. F. WHEELER

Snow Pudding*40 servings*

1½ ounces gelatin	1 cup lemon juice
4 cups sugar	whites 12 eggs

Soak gelatin in cold water until soft. Place over hot water until melted. Add lemon juice and sugar and sufficient water to make 6 cups. Chill in pan of ice water. When quite thick, beat with wire whisk until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Serve with soft custard made from yolks of eggs.

SARAH BENEDICT

Apricot Charlotte

150 servings

13 quarts (12½ pounds) dried apricots	1 cup lemon juice
7 pounds sugar	12 ounces gelatin
	24 eggs

Purée the cooked dried apricots and add sugar. Pour into the gelatin which has been dissolved in cold water. Add lemon juice. Fold in eggs (beaten separately and combined).

FLORA McLAUGHLIN

Fruited Rice Fluff

40 servings

1 cup rice	¾ cup scalded milk
6 cups scalded milk	1½ cups sugar
1 tablespoon salt	¾ cup maraschino cherries
3 ounces gelatin	1 tablespoon vanilla
1½ cups cold water	1½ quarts whipping cream

Cook rice with milk and salt until rice is tender. Soak gelatin in water and dissolve in

scalded milk. Add sugar and strain into rice mixture. Add chopped cherries and flavor. When cold fold in half of the whipped cream and serve with the remainder. **A. K. GRAHAM**

Fruit Gelatin

200 portions of ½ cup each

11 boxes acidulated gelatin	3 quarts orange and lemon
1 quart cold water	juice (which is approxi-
2 quarts boiling water	mately that from 1 dozen
6 pounds sugar	lemons and 3 dozen or-
3 quarts grape juice	anges)
	10 quarts water

Soak gelatin in cold water, add hot water and sugar. Stir until sugar is dissolved. Add grape, orange and lemon juice, then the 10 quarts of water. When hardened serve with sweetened whipped cream. **HELEN CLARKE**

Banana Cream Jell

25 servings

1 dozen medium-sized bananas	1 cup pulverized sugar
1 cup orange juice	½ cup gelatin
1 cup lemon juice	1 quart boiling water

Peel bananas and mash through enamel sieve with fruit juices; add sugar. Dissolve gelatin in boiling water, cool and add to banana mixture. When set, serve with whipped cream.

LUCILE STOUT

Macaroon Pudding*100 servings*

4½ quarts milk	2½ quarts ground macaroons
27 egg yolks	27 egg whites
½ quart sugar	1 quart whipping cream
1 tablespoonful salt	3 tablespoonfuls vanilla
1 cup powdered gelatin	

Make a custard of the first four ingredients. Add the gelatin. When it begins to thicken add the macaroons, vanilla, whipped cream, and beaten egg whites.

ELIZABETH TUFT

Pineapple Pudding*150 3½-ounce servings*

3 pounds rice	8 ounces gelatin
4½ pounds sugar	½ pounds nut meats
8 No. 2 cans pineapple	whipped cream

Cook rice in slightly salted water. Blanch; add dissolved gelatin, sugar, fruit and juice and nuts. When cold, fold in whipped cream or serve plain or with whipped cream.

MINNIE WICOFF

Lemon Milk Sherbet*30 quarts*

20 quarts milk	14 pounds 10 ounces sugar
2½ quarts lemon juice	rind of 9 lemons

Mix and freeze.

NEW ENGLAND KITCHEN

Lemon Cream Sherbet*8 servings*

1½ pints of milk	½ to 1 cup of sugar (divided
½ pint of cream	in two parts)
6 lemons	

Mix cream and milk and sweeten with one half the sugar, pour into freezer and freeze until half frozen (mushy). In the meantime, squeeze the juice from 4 lemons, and remove seed. Wash the remaining two lemons and cut in very thin slices with a sharp knife. Mix the lemon juice, cut lemon and remaining half of sugar together. When cream mixture is half frozen, stir in the lemon mixture and continue the freezing process until sherbet is hard frozen.

FAIRFAX T. PROUDFIT

Banana-Apricot Milk Sherbet*5 gallons*

1½ dozen bananas, mashed	1½ dozen lemons, juice of
2 quarts stewed or canned	3½ pounds sugar
apricots, mashed	3 gallons whole milk

Combine in order given. Freeze.

MARGARET S. DREW

Creamless Ice Cream*500 servings*

2 gallons milk	1 pint extract
5 dozen eggs	5 pounds sugar
½ pound gelatin	4 gallons condensed milk
10 gallons milk	

Bring to boiling point the two gallons of milk ; add eggs, gelatin, sugar and remove from fire. The remainder of the milk, the condensed milk and extract is added to the heated mixture. Freeze in the same manner as other frozen deserts. The combination of vanilla with almond extract gives a very desirable flavor. The per capita allowance of liquid used is 4 ounces.

ROSE O. BROWN

Frozen Apricots

4 gallons

10 cups sugar	4 quarts cream
2 quarts water	15 egg whites
2 gallons unsweetened apricots	

Make syrup of sugar and water. Grind apricots or rub through colander, add to syrup. Add cream and lastly the stiffly beaten egg whites. Freeze.

RUTH C. GILBERT

Apricot Ice Cream

8 gallons—250 servings

2 No. 10 cans unsweetened apricots	2 No. 10 cans evaporated milk
6 quarts sugar	enough thin cream or milk to make 7 gallons
	$\frac{1}{2}$ cup orange extract

Mash apricots through strainer, add sugar and stir until dissolved. Add other ingredients and freeze in 10-gallon freezer.

Loganberry Ice Cream*32 servings*

3 tablespoonfuls flour	1 pint scalded cream
3 cups sugar	1 quart heavy cream
1 tablespoonful salt	juice from 3 No. 2 cans lo-
3 eggs	ganberries
1 quart scalded milk	

Mix flour, sugar and salt, add egg slightly beaten and scalded milk and cream, gradually cook over hot water 20 minutes, stirring constantly at first. When cool, add heavy cream and juice of loganberries.

INEZ GRIFFIN

Green Gage Plum Ice Cream*250 servings*

8 quarts 40 per cent. cream	10 quarts milk
3 pounds sugar	1 gallon green gage plums

Remove stones from plums and mash. Mix sugar, milk and cream and partially freeze. Add plum pulp and finish freezing.

O. I. HALL

Frozen Cherry Custard*32 servings*

6 eggs	3 cups maraschino cherries
3 cups sugar	cut in pieces
2 quarts milk	1 pint heavy cream

Prepare custard of eggs, sugar and milk. Cook until slightly thickened. When cool, add cream and cherries. Freeze at once.

INEZ GRIFFIN

Peach Surprise*25 servings*

- | | |
|-----------------------------------|-----------------------------|
| 1 quart fresh peaches
(mashed) | 1 cup sugar
1 pint water |
| 3 egg whites beaten stiff | |

Freeze in gallon freezer.

SARAH BENEDICT

Angel Hash*25 servings*

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|--|--|
| 1 No. 2½ can pineapple
marshmallows | 1 pint whipping cream
1 cup walnut or pecan meats |
|--|--|

Drain pineapple thoroughly, cut in small pieces and chill. Cut twice the quantity of marshmallows in same size pieces. Whip the cream very stiff, add the marshmallows, then the pineapple and nuts.

LUCILE STOUT

Baked Apples and Marshmallows*50 servings—½ cup*

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|---------------------|----------------------|
| 10 pounds apples | 1 pound marshmallows |
| 1 quart brown sugar | |

Brown Sugar Syrup

- | | |
|--------------|--------------|
| 2 cups sugar | 4 cups water |
|--------------|--------------|

Wash apples, quarter, core but do not pare. Put in baking dish, add the sugar and about 1 quart of boiling water. Bake until tender, basting with the syrup. Just before serving add marshmallows and brown.

JESSIE M. MCQUEEN

Apricot Marshmallow

Place a marshmallow in each half of apricots. Put in hot oven until marshmallow is softened.

Serve with syrup made from juice and with thin cream.

NAHOMI C. JONES

Caramel Apples

24 servings

2 dozen tart apples	1 cup cream
3 cups brown sugar	3 tablespoons butter
	$\frac{1}{2}$ cup chopped nuts

Pare and core apples and cook slowly with a little water and sugar in covered pans. When well done but still whole, remove to platters. To the syrup add the other ingredients and boil until thick. Pour over the apples. Serve cold with whipped cream.

L. F. WHEELER

Peach Rolls

100 rolls (muffin rings 3 inches in diameter)

4 quarts flour—unsifted	2 pounds lard
2 tablespoons baking powder	$\frac{1}{2}$ quart cold water
1 pound sugar	4 quarts stewed sweetened
3 tablespoons salt	peaches (evaporated)

Mix and sift dry ingredients, work in fat, and add cold water. Roll a portion of dough about $\frac{1}{4}$ inch thick, spread with stewed peaches. Roll and cut into sections about $1\frac{1}{2}$ inches long.

bonate and at last thin the mixture with the milk to right consistency for dropping.

Filling for above

3 pounds sugar	15 eggs
1½ pounds flour	5 quarts milk
	vanilla to flavor

Sift flour and sugar; add beaten eggs. Pour on scalded milk and cook until thick. Add vanilla.

GRACE M. STIRLING

Potato Doughnuts

2 dozen

1 cup mashed potato, beaten	½ teaspoon nutmeg
very light	2 teaspoons vanilla
1 cup sugar	3 egg whites beaten very
3 egg yolks well beaten	light
1½ cups rich sweet milk	4 teaspoons baking powder
	flour to roll out

GRACE FULLER

Doughnuts

300

2½ quarts sugar	1 cup baking powder
18 eggs or 1½ cups flaked	salt
whole eggs soaked in 2	nutmeg
cups of milk	1½ cups melted butter
3 quarts sweet milk	flour to roll out

Handle as little as possible. The softer the dough the more delicate the doughnut.

PRESBYTERIAN SCHOOL FOR NURSES

SAUCES

Chocolate Sauce

16 servings

1 cup sugar
½ cup water

1 cup cocoa
2 cups cream

Mix sugar, cocoa and hot water, and boil until mixture thickens. Add cream, boil very slowly until thick. Let stand over hot water until ready to serve. Serve with ice cream or cream puffs.

S. E. HUGHES

Bittersweet Chocolate Sauce

30 servings

2 cups sugar
1 can of evaporated milk

½ pound bittersweet chocolate

Melt chocolate in double boiler, add sugar, stir until sugar is dissolved. Gradually add the evaporated milk. Thin with hot water to consistency desired. May be served hot or cold.

IRENE L. WILLSON

Apricot Whip

280 servings

6 dozen egg whites
2 tablespoons orange extract

2 No. 10 cans apricots
sugar q.s.

Beat egg whites very stiff, fold in puréed apricots. Add sugar and extract.

Serve on plain cake as luncheon dessert. Use yolks of eggs to make the plain cake.

Strawberries may be used in proportion of 1 quart box berries hulled, washed and crushed. Five egg whites.

Sugar to sweeten. Sufficient for 20 servings.

EMMA B. AYLWARD

Jelly Meringue

Serves 6 or 8

$\frac{1}{2}$ cup tart jelly

1 egg white

$\frac{1}{8}$ teaspoon salt

Put all three together, and beat with a Dover egg beater until stiff enough to cut. May be used in the following ways:

1. As an icing for cake when a small amount of sugar is allowed in the diet. Should be put on at the time cake is served.

2. As a trimming for plain ice cream. Good when concentrated food value is desired, and when raw egg white and fruit juices are allowed.

3. As a dessert. Just before serving fold in fresh fruit cut in small pieces, as strawberries, raspberries, pineapple, orange, etc., the kind of fruit depending somewhat on the flavor of the jelly used. The servings may be small, as a

small amount will satisfy the average person. May also be combined with cake, on the order of charlotte russe.

D. AYERS

Whipped Cream Mixture for Shortcake

40-50 servings

$\frac{1}{2}$ cup sugar	1 quart scalded milk
$\frac{1}{2}$ cup (scant) flour	6 egg whites
cold milk q.s.	1 pint cream
	flavoring

Mix sugar and flour to paste with cold milk. Add scalded milk and cook 15 minutes in double boiler.

Pour slowly into stiffly beaten whites of eggs. Chill and add cream stiffly beaten. Flavor with lemon or vanilla.

MARY CUNNINGHAM

Orange Sauce

25 servings

1 cup sugar	1 cup boiling water
2 tablespoons cornstarch or 4 of flour	juice of 2 oranges
2 eggs	grated rind of 1 orange

Mix in order given.

M. O. LITTLE

Chocolate Sauce

25 servings

$1\frac{1}{2}$ cups hot water	$\frac{1}{2}$ cup sugar
$\frac{4}{8}$ ounces melted chocolate	$\frac{1}{2}$ teaspoon arrowroot
$\frac{1}{2}$ cup cold water	a little salt

Boil water with sugar 5 minutes, add melted chocolate and starch to which cold water has been added. Combine mixture, add salt and boil 3 minutes. Flavor with vanilla.

M. C. LITTLE

Sterling Sauce

100 servings, 12 portions to cup

1 pound butter	1½ cups thin cream
2½ pounds brown sugar	½ ounce cinnamon
	½ ounce nutmeg

Cream butter and gradually add sugar and spices, creaming thoroughly after each addition. When sugar is all in add cream in small amounts, beating thoroughly after each addition as in making mayonnaise.

BERTHA E. NETTLETON

CAKES

Stanford Sunshine Cake

5 9-inch angel cakes

24 eggs	2 cups water
4 teaspoons cream of tartar	6 cups flour
6 cups sugar	3 teaspoons salt
4 teaspoons vanilla	

Separate eggs, beat whites until stiff, add cream of tartar and continue beating. Boil sugar and water until it threads. Pour on whites, beating constantly. When cool add well beaten yolks. Sift flour five or six times. Add this to other ingredients. Pour into ungreased pans. Bake in a very slow oven about 50 minutes.

L. SLOAN

Sponge Cakes

6 dozen 2" x 1½"

24 eggs	rinds of 2 lemons
1 quart sugar	1 teaspoon salt
½ cup lemon juice	1 quart flour

Separate the eggs. Beat the yolks until thick and lemon colored. Beat in the sugar. Add the lemon juice and rind. Beat the whites.

Fold in the flour and egg whites alternately.
Bake 35 minutes in a slow oven.

ELIZABETH TUFT

Sponge Drops

12 egg whites	8 egg yolks
1½ cups powdered sugar	1½ cups flour
1 teaspoon of vanilla	½ teaspoon salt
¼ cup powdered sugar for tops	

Beat the egg whites until stiff and dry. Add the sugar and continue beating. Add flavoring and egg yolks beaten until thick and lemon colored. Cut and fold in the flour mixed with salt. Drop from tip of spoon on unbuttered paper, sprinkle with powdered sugar and bake in a moderate oven.

SIMMON'S LUNCH ROOM

Sunshine Cake

15 cakes, 16 slices each

9½ dozen eggs	1 tablespoon salt
5 quarts sugar	grated rinds from 6 oranges or lemons
4 quarts flour	orange or lemon extract
2 tablespoons cream of tartar	q.s.

Sift, measure and sift again separately, flour and sugar. Beat yolks very stiff. Beat whites to a foam, add salt and cream of tartar and beat very stiff. Add sugar and beat. Add yolks and flavoring and beat. Carefully fold in the flour. Bake in slow oven 35 to 40 minutes.

PRESBYTERIAN HOSPITAL SCHOOL FOR NURSES

Turkish Paste

24 eggs	1½ cups flour
1½ cups sugar	½ teaspoon salt
	flavoring

Break eggs into a large bowl and beat in a *warm* place for 15 minutes. The eggs should be almost at temperature of 98°. At the end of this time the mixture should be of fine texture and hold its shape. Add sugar slowly, beating while adding. Then fold in the sifted flour. Add salt and flavoring. Bake in a fairly hot oven for 15 or 20 minutes. This makes a deliciously light sponge cake to be used as a basis for jelly roll, cream pie or to be iced and served.

NELLIE HALLIDAY

Minnequa Cake and Frosting*150 servings, 2" x 2" x 2"*

5 dozen eggs	1½ cups lemon juice
6 pounds sugar	grated rind of 6 lemons
	3 pounds flour

Combine in the order given for sponge cake. Bake in three pans (12" x 20") in a moderate oven 40 to 60 minutes. When cold spread with mocha frosting.

Mocha Frosting

7 cups powdered sugar	½ cup melted butter
7 tablespoons cocoa	hot coffee

Mix sugar and cocoa, add butter and use hot coffee to mix to the right consistency to spread.

HELEN CLARKE

Angel Cake

12 cakes, 16 slices each

9 dozen egg whites	1 tablespoon of salt added to
3½ quarts sugar	eggs before whipping
3 quarts flour	flavor to taste
1½ tablespoons cream of tar-	
tar	

Whip eggs to a foam, add cream of tartar and whip until very stiff. Add thrice sifted sugar and beat in well. Add flavoring and fold in very lightly the thrice sifted flour. Put in 10-inch angel pans and bake in a moderate oven 20 to 30 minutes.

PRESBYTERIAN SCHOOL FOR NURSES

Angel Cake

150 servings

Made from low grade flour

10 dozen egg whites	12 cups sugar
3 cups flour	12 tablespoons cream of tar-
6 cups cornstarch	tar
3 tablespoons vanilla	

Sift flour, cornstarch, sugar and cream of tartar five times. Add to the stiffly beaten whites. Then add vanilla and bake as angel food.

BRETA LUTHER

Cream Cake*250 servings*

4 dozen eggs	$\frac{1}{2}$ cup orange extract
6 quarts sugar	$\frac{1}{2}$ cup baking powder
6 quarts cream (22 per cent.)	flour to make medium bat-
2 tablespoons salt	ter

Put all ingredients into the mixer, using only a small amount of the flour. Mix on medium speed until sufficient flour is added. Beat on high speed 1 minute. Bake in sheets or layers. Use any cake filling, or serve with whipped cream.

EMMA B. AYLWARD

Orange Filling

grated rind and juice of half an orange	$\frac{1}{2}$ cup butter powdered sugar
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Melt the butter, add orange and enough sugar to make a smooth paste. Sufficient for three-layer cake.

Lady Baltimore Cake*50 servings*

2 pounds butter	3 tablespoons baking powder
2 quarts sugar	2 dozen egg whites
1 quart milk	3 tablespoons vanilla or 3 ta-
3 $\frac{1}{2}$ quarts sifted flour (sift 3 times)	blespoons rose water

Combine in the order given.

Icing

2 quarts sugar	8 egg whites
2 cups water	4 cups chopped raisins and figs

Boil sugar and water to a thread. Pour on to the stiffly beaten egg whites. Beat thoroughly and add chopped fruit.

Almond Cake

20 servings

1 cup lard	1 teaspoon salt
2 cups sugar	almond flavoring and
1 cup milk	chopped blanched al-
3 cups flour	monds
3 teaspoons baking powder	8 egg whites

Cream the lard and sugar. Add the milk alternately with the flour to which the baking powder and salt has been added. Add the flavoring and lastly the stiffly beaten egg whites. After putting in the pans sprinkle with sugar and chopped almonds. Bake in a moderate oven.

EDITH M. LINCOLN

Baby Baltimore Cakes

3 dozen small cakes

$\frac{1}{2}$ pound butter	3 teaspoons lemon juice
$\frac{1}{2}$ pound sugar	8 eggs
grated rind of 2 lemons	$\frac{1}{2}$ pound flour
1 teaspoon baking powder	

Cream the butter, add the sugar gradually and cream well, adding the lemon juice and rind. Beat the yolks until light, and add them to the mixture, then the flour in which the baking powder has been sifted, and lastly fold in

the stiffly beaten whites of eggs. Bake in muffin tins. Raisins may be added for variety.

EDITH M. LINCOLN

Fudge Cake

75 cup cakes

2 cups butter—creamed	8 ounces chocolate (melted)
4 cups sugar	2½ teaspoons vanilla
4 eggs well beaten	8 cups flour (in which bak-
4 cups sour milk (dissolve	ing powder has been sift-
soda in this)	ed)
4 teaspoons soda	4 teaspoons baking powder

Mix in order named. Bake in rather a hot oven from 12 to 15 minutes. Serve with frosting or whipped cream.

GRACE M. STIRLING

Buttermilk Cake

100 servings

1½ quarts sugar	2 tablespoons cinnamon
1½ pounds butter or substitute	1½ teaspoons cloves
1½ quarts buttermilk	1½ teaspoons nutmeg
3 quarts flour	3 cups nuts
2 tablespoons soda	1 quart raisins

Cream fat and add sugar gradually until light and fluffy. Sift dry ingredients together. To the first mixture add alternately the buttermilk and the flour mixture. Add nuts and floured raisins. Bake in moderate oven. One dozen eggs and 4 tablespoons of baking powder may be added.

J. ATHENA FISCHER

Snow White Cake*100 servings*

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|---|---------------------------------|
| 1½ pounds butter or margarine | ½ cup baking powder |
| 2¼ quarts sugar (sifted) | 2 dozen egg whites |
| 1½ quarts cold water | 2 tablespoons flavoring extract |
| 4½ quarts flour (sifted before measuring) | |

Combine in order listed.

Golden Cake*50-60 servings*

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|-----------------------|---------------------|
| 2 cups butter | 2 cups milk |
| 4 cups sugar | 7 cups flour |
| 32 egg yolks | ½ cup baking powder |
| 3 tablespoons vanilla | 1 teaspoon salt |

Mix as any butter cake and bake in layers or sheets.

D. AYERS.

Chocolate Cake*16 servings***Filling**

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|-------------|------------------------------|
| 1 egg | ½ cup cold water |
| ½ cup sugar | 2 squares chocolate (bitter) |

Cook in double boiler until it thickens.

For the cake

- | | |
|-----------------|----------------------|
| 1 cup sugar | 1 teaspoon soda |
| ¾ cup butter | 2 cups pastry flour |
| 2 eggs | 1½ cups chopped nuts |
| ½ cup sour milk | 2 teaspoons vanilla |

Mix in the order given. Add the filling mixture and lastly the beaten whites. Bake in three layers.

Icing

2 cups sugar 1½ cups cold water
2 squares chocolate

Cook until soft ball stage. Add lump of butter the size of walnut and vanilla. Let cool and beat until thick and dry.

Lemon Filling for above Recipe

1 cup sugar 2 tablespoons flour
1 teaspoon butter 1 egg yolk
juice of one lemon 1 egg white beaten stiff

Put all together, add ½ cup boiling water and cook until thick.

ESTHER OLSON

Caramel Cake

100 servings

3 quarts sugar 1 cup of thick caramel syrup
2½ pounds (5½ cups) butter 5 quarts flour
16 egg yolks ½ cup baking powder
2 quarts water 16 stiffly beaten egg whites

Mix in the order given.

To make caramel syrup, melt granulated sugar and cook until dark brown but not burned. Add water to dissolve and cook until a thick syrup.

Bake in layers and ice with caramel icing.

ESTHER ACKERSON FISCHER

Plain Cake*300 servings*

2½ quarts shortening	13 quarts flour
6 quarts sugar	1½ cups baking powder
4 dozen eggs	4½ quarts milk
	1 cup vanilla

Combine in the usual method for butter cakes.

Mocha Frosting

1½ pounds butter	9 pounds powdered sugar
½ cup cocoa	coffee infusion to moisten

SUE COFFIN

Caramel Cake*192 servings*

9 cups sugar	6 cups water
2 cups butter	4½ quarts flour
1 cup crisco	6 tablespoons baking powder
12 eggs	2 tablespoons vanilla
	1 cup sugar (caramelized)

Combine in the usual method for butter cakes.

Icing

5 cups brown sugar	1½ cups water
1 cup white sugar	8 egg whites
	4 tablespoons vanilla

Prepare as boiled frosting.

Apple-Sauce Cake*Makes 40 slices, 3½" x 2½" and 1" thick*

1 cup butter	2 teaspoons cinnamon
2 cups sugar	½ teaspoon cloves
3 cups apple sauce (from fresh, canned or evapo- rated apples)	1 teaspoon nutmeg
	pinch of salt
3 cups raisins—seeded	4 cups flour
2 teaspoons baking powder	4 teaspoons soda

Combine in the usual method for butter cakes.

GRACE FULLER

Dutch Apple Cake*150 pieces, 2" x 3"*

2½ cups fat (1½ pounds)	5 cups cornstarch (25 ounces)
6 cups sugar (2½ pounds)	½ cup baking powder (3 ounces)
10 eggs	2 pounds dried apples
5 cups milk (1½ quarts)	
10 cups flour (2½ pounds)	

Mix as for plain cake. Place thin layer of cake batter in pan, then layer of dried apples which have been soaked, then layer of cake batter. Bake in moderated oven about 20 minutes. Butter and cover with cinnamon and sugar mixture.

BRETA LUTHER

Fruit Cake*10-pound cake*

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|--|---|
| 1 pound butter or butter substitute | $\frac{1}{2}$ pound blanched almonds cut fine |
| 1 pound brown sugar | 1 tablespoon powdered cinnamon |
| 1 pound flour—browned and sifted | $\frac{1}{2}$ tablespoon allspice |
| 1 dozen eggs (beaten separately) or | 1 scant tablespoon ground nutmeg |
| 1 cup flaked eggs soaked in $1\frac{1}{2}$ cups milk | 1 scant teaspoon cloves |
| 5 pounds seeded raisins | 1 glass grape jelly (may omit) |
| 1 pound seedless raisins | 2 teaspoons rose water (pour over almonds) |
| $\frac{1}{2}$ pound shredded citron peel | |
| $\frac{1}{2}$ pound home-made candied orange peel or marmalade | |

Bake 3 to 4 hours in very slow oven.

EMMA B. AYLWARD

Spice Cake*100 servings*

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|--|--|
| 2 $\frac{1}{2}$ quarts sugar | 2 tablespoons soda (vary with amount of cream) |
| $\frac{3}{4}$ cup butter | 2 quarts raisins |
| 12 eggs | 4 tablespoons cinnamon |
| 2 $\frac{1}{2}$ tablespoons salt | 1 $\frac{1}{2}$ tablespoons cloves |
| 4 $\frac{1}{2}$ quarts flour | 3 tablespoons allspice |
| 3 quarts sour cream (milk) | 1 cup molasses |
| 1 cup baking powder ($1\frac{1}{4}$ cups) | $\frac{1}{2}$ tablespoon lemon juice |

Combine in the usual method for butter cakes.

ROSE STRAKA

Christmas Cake*4 2-pound cakes*

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|--------------------------------------|--|
| $\frac{3}{4}$ pound butter | $\frac{1}{4}$ pound almonds—blanched and cut |
| 2 $\frac{1}{2}$ cups white sugar | $\frac{1}{2}$ pound orange and lemon peel, citron—shredded |
| 8 eggs | 1 cup milk |
| 2 pounds raisins | 3 cups flour |
| 1 pound currants | 6 teaspoons allspice |
| $\frac{1}{2}$ pound bleached raisins | |

Bake in slow oven 3 hours. Keeps indefinitely.

PRESBYTERIAN SCHOOL FOR NURSES

Graham Cracker Cake

200 servings

4½ quarts sugar	4 dozen eggs (separated)
3 pounds butter	12 pounds Graham crackers
3½ quarts milk	½ cup baking powder
1 cup walnut meats	

Cream the butter and sugar, add beaten egg yolks, then the milk and crackers, rolled fine, and the baking powder. Add the beaten whites last. Bake in layers or sheets and spread with whipped cream (no sugar) and sprinkle with chopped nuts.

Potato Chocolate Cake

175 servings

3 pounds shortening	½ cup baking powder
4 quarts sugar	2 teaspoons nutmeg
1 pound chocolate	2 teaspoons allspice
1½ quarts milk	2 quarts mashed potatoes
5 quarts flour	4 teaspoons cloves
3 tablespoons vanilla	4 teaspoons cinnamon
16 eggs	2 quarts chopped nuts

Cream sugar and shortening. Add eggs and mashed potatoes. Sift all dry ingredients together and add alternately with the milk. Add melted chocolate, flavoring and chopped nuts. Bake in loaves 1 hour.

J. ATHENA FISCHER

Chocolate Cake*16 servings*

$\frac{3}{4}$ cup butter	1 cup milk
$2\frac{1}{2}$ cups sugar	4 cups flour
$\frac{4}{4}$ ounces chocolate	2 tablespoons baking powder
4 eggs	1 teaspoon vanilla

salt

Combine in the usual method for butter cakes.

ELEANOR AHERN

Fruit Cake*40 2-pound loaves*

5 pounds sugar	5 pounds sultanas
5 pounds butter	5 pounds seeded raisins
50 eggs	5 pounds citron
$6\frac{1}{2}$ pounds pastry flour	$2\frac{1}{2}$ pounds almonds
10 ounces spices, mixed	1 pound dates—cut in strips
$1\frac{1}{2}$ pints molasses	$\frac{1}{2}$ pound figs—cut in strips
10 pounds currants	may use 1 pint sour milk and 1 teaspoon soda

Combine in the usual method for butter cakes.

Soft Molasses Gingerbread*150 servings*

10 tablespoons shortening	$2\frac{1}{2}$ teaspoons ginger
5 cups molasses	5 teaspoons soda
$2\frac{1}{2}$ teaspoons salt	5 cups sour cream
$2\frac{1}{2}$ teaspoons cinnamon	5 eggs

10 cups flour

Melt shortening, add molasses, salt, ginger and cinnamon. Stir vigorously. Dissolve soda in sour cream and add. Add beaten eggs and twice sifted flour. Batter is thin, but makes a soft rich gingerbread. Bake $\frac{1}{2}$ hour in moderate oven.

MARY M. HARRINGTON

COOKIES

Plain Cookies

50 medium size

$\frac{3}{4}$ cup shortening	$\frac{1}{2}$ teaspoon grated nutmeg
2 cups sugar	$\frac{1}{2}$ teaspoon vanilla or grated
$\frac{1}{2}$ cup milk	rind of 1 lemon
2 eggs	4 cups flour
	3 teaspoons baking powder

Cream shortening and sugar together, add milk to beaten eggs and beat again; add flavoring, add 2 cups flour sifted with baking powder and nutmeg. Add enough more flour to roll easily. Roll out very thin on floured board; cut with cookie cutter; sprinkle with sugar; put a raisin or a piece of walnut in the center of each. Bake about 12 minutes in hot oven.

RUTH WATSON

Peanut Butter Cookies

2 or 3 dozen

2 cups flour	1 teaspoon cinnamon if desired
1 cup sugar	$\frac{3}{4}$ cup peanut butter
4 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 egg slightly beaten
	$\frac{1}{2}$ cup melted shortening

Sift dry ingredients, combine liquid ingredients in order given, mixing the peanut butter

and milk gradually, and stirring until a smooth cream before adding egg and fat. Add liquid ingredients to the dry and mix well. If necessary add enough more milk to make a drop batter. This will depend largely on the flour used. Drop on to greased pans, allowing room for spreading, and bake in a moderate oven.

JEAN K. RICH

Cream Cookies

20 dozen of medium size

4 quarts sugar	2 quarts 20 per cent. cream
4 pounds shortening (2 quarts)	2 teaspoons nutmeg
2 dozen eggs or 2 cups flaked whole eggs soaked in 2 cups of milk	$\frac{1}{2}$ cup baking powder
	flour to roll out
	salt if unsalted shortening is used

EMMA B. AYLWARD

Chocolate Cookies

10 dozen small

4 cups brown sugar	6 cups flour
2 cups melted butter	1 teaspoon soda
2 cups milk	2 teaspoons baking powder
4 eggs	$\frac{1}{2}$ pound chocolate
2 cups chopped nuts	

ELEANOR AHERN

Raisin Cookies

200 cookies 3 inches in diameter

4 pounds oleomargarine	3 tablespoons vanilla
6 pounds sugar	3 tablespoons soda in $\frac{1}{4}$ cup
32 eggs	hot water
6 pounds flour	buttermilk
3 tablespoons cinnamon	3 pounds raisins

Cream oleomargarine and add sugar, cream together. Add beaten eggs. Add some of the flour and then soda water. Alternate flour and buttermilk until right consistency to drop. Add raisins last.

HELEN CLARKE.

Oatmeal Cookies

3 dozen

cream $\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoon soda
add 1 cup sugar	$\frac{1}{2}$ teaspoon salt
2 well beaten eggs	Add:
Sift twice:	1 tablespoon molasses
2 cups flour	4 tablespoons sweet milk
1 teaspoon cinnamon	2 cups rolled oats
	1 cup chopped raisins

Drop on greased tins. Moderate oven.

BERTHA L. FIELD

Fruit Bars

100 bars

5 cups granulated sugar	5 pounds chopped dates
15 eggs	5 cups flour
5 cups chopped walnuts	3 $\frac{1}{2}$ tablespoons baking powder
1 teaspoon salt	

Whip sugar and eggs until very light. Mix part of the flour in the nuts and dates. Mix salt, flour and baking powder together and add to batter, mixing thoroughly; add nuts and dates. Pour batter in long tins. Bake 20 to 25 minutes. Cut bars 2" x 3" and roll in powdered sugar.

MARY M. HARRINGTON

Honey Jumbles*50 small*

1 cup sugar	1 teaspoon soda
3 eggs well beaten	1 teaspoon ginger
1 cup honey or syrup	1 cup flour
	few grains salt

Beat well, let stand overnight. Knead hard and roll out. Bake in medium oven until brown.

D. AYERS

Brownies*300 small*

3 quarts sugar	3 quarts nuts
1½ quarts melted butter	1½ quarts flour
1 dozen eggs	1 tablespoon salt
1 pound chocolate	vanilla

A very rich cookie.

FRANCES STUART

Finnegans*50 servings*

2 quarts flour	3 tablespoons baking powder
¼ cup butter	1 teaspoon salt
	milk

Cut butter into dry ingredients. Add milk to make a dough soft enough to roll. Roll ½ inch thick and spread with the following mixture:

1 quart sugar	3½ cups butter
4 egg yolks	4 teaspoons cinnamon

Cream all together and spread on dough. Roll up like a jelly roll and cut about $\frac{1}{2}$ inch thick. Bake in a slow oven.

ANNA BOLEB

Frosted Creams

30 dozen

4 quarts molasses
5 quarts lard
 $\frac{1}{2}$ cup soda
 $\frac{1}{2}$ cup ginger

4 quarts sugar
4 dozen eggs
 $\frac{1}{2}$ cup salt
flour (to roll out)

Bake in sheets. Cut in squares. Ice with boiled frosting.

Molasses Cookies

30 dozen

4 pounds lard
8 pounds sugar
18 pounds flour

2 quarts water
2 quarts molasses
16 eggs
 $\frac{1}{2}$ pound soda

Mix and let stand overnight in icebox. Decorate with cocoanut.

B. V. CHAMBERS

Cocoanut Drop Cookies

3 dozen 4" cookies

3 cups powdered sugar (granulated, may be used)
4 cups macaroon cocoanut
3 eggs

$\frac{1}{2}$ cup flour
1 heaping teaspoon baking powder
 $\frac{1}{2}$ cup thin cream
pinch salt

Rub cocoanut and powdered sugar together to free from lumps. Add other ingredients and

beat well. Drop on buttered sheet and bake in medium oven.

EMMA B. AYLWARD

Chocolate Drop Cookies

150 cookies

3 quarts brown sugar	1 cup baking powder
3 pounds butter	1 $\frac{1}{2}$ tablespoons soda
24 eggs	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ quarts milk	2 tablespoons vanilla
7 quarts flour	1 pound chopped walnuts
	1 $\frac{1}{2}$ pounds chocolate

Cream the butter, add the sugar and the beaten eggs. Add the milk and the sifted dry ingredients alternately. Add the chopped walnuts, vanilla, and melted chocolate.

ELIZABETH TUFT

Macaroons

6 dozen

6 cups corn flakes	2 cups shredded cocoanut
2 cups granulated sugar	1 cup walnut meats
4 teaspoons flavoring, vanilla and almond	8 egg whites beaten stiff

Mix ingredients together and drop on buttered tin sheets and bake 15 minutes in moderate oven.

LUCILE STOUT

PIES AND PIE FILLINGS

Mocha Cream Pies

12 pies

1 pound butter	$\frac{1}{2}$ ounce salt
3 pounds sugar	3 ounces baking powder
12 eggs	1 quart milk
4 pounds flour (pastry)	1 tablespoon vanilla

Cream butter and sugar. Add eggs. When thoroughly beaten add milk, vanilla and flour sifted with salt and baking powder. Bake in layers in moderate oven, allowing $7\frac{1}{2}$ ounces dough to each layer. Put together with mocha filling.

Mocha Filling

12 pies

2 pounds butter	2 cups coffee infusion
11 quarts confectionery sugar	2 cups cocoa
2 eggs	

Cream butter, add sugar and cocoa gradually, thinning the mixture with coffee when it becomes too stiff to beat. Add eggs.

NEW ENGLAND KITCHEN

Fresh Strawberry Pie*90 individual*

3 quarts flour	3 cups sugar
3 teaspoons baking powder	12 eggs
3 cups butter	5 quarts strawberries

Cut the butter into the sifted flour and baking powder. Add the sugar to the well-beaten eggs and stir into the first mixture. Roll to $\frac{1}{4}$ inch thickness with as little flour as possible. Cut with a 4-inch cookie cutter and shape in $2\frac{1}{2}$ -inch muffin tins. Bake. Fill the crust with fresh strawberries. Make a glazing syrup of $\frac{1}{2}$ cup currant jelly and $\frac{3}{4}$ cup of sugar. Boil until it forms a thick syrup. Pour over the berries while hot. If desired, chopped pistachio nuts may be sprinkled over the top. Serve with whipped cream.

ESTHER ACKERSON FISCHER

Pumpkin Pie*12 pies*

1 No. 10 can pumpkin	3 teaspoons cinnamon
1 gallon milk	$1\frac{1}{2}$ teaspoons ginger
2 dozen eggs	2 teaspoons salt
$2\frac{1}{2}$ pounds sugar or 1 pound sugar and 1 pint molasses	$\frac{1}{2}$ pound flour

To the pumpkin add sugar, spices and eggs. Beat thoroughly. Add flour and milk.

ESTHER OLSON

Butterscotch Pie*26 pies*

9 quarts milk	7 quarts brown sugar
25 egg yolks	3½ cups water
3½ quarts flour	1½ cups butter
3½ tablespoons vanilla	salt to taste

Meringue

25 egg whites	3 cups sugar
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Combine and cook the same as a cornstarch pudding.

CLARA SMITH

Floradora Pie*24 9-inch pies*

1 can No. 10 shredded pineapple	1½ pounds shredded cocoanut
1 can No. 10 broken pieces pineapple	juice of 1½ dozen oranges
3 cups egg yolks	grated peel of ½ dozen oranges
4 pounds sugar	12 ounces cornstarch
	8 ounces butter
	1½ quarts whipped cream on top

ELSIE P. LEONARD

Strawberry Cream Pie*12 pies*

6 quarts milk	1 dozen eggs
2 quarts sugar	salt to taste
1 quart flour	flavor

Scald the milk. Mix sugar and flour, add the well beaten eggs. Add to the milk and cook until thick. Cool slightly and fill pie shells. Let stand until stiff before cutting. Over each

piece serve fresh strawberries chopped and sweetened.

BERTHA L. FIELD

Lemon Meringue Pie

18 9-inch pies

Quantity 9 quarts

6 pounds sugar	rind 26 lemons
6 quarts water	4 tablespoons salt
1½ pounds cornstarch	1 quart egg yolks
	1 quart lemon juice

Boil sugar and water. Mix cornstarch, lemon juice, lemon rinds and salt together and add to boiling sugar and water. When thickened remove from fire and cool slightly before adding beaten yolks of eggs. Fill pie shells, cover with meringue and brown in oven.

NEW ENGLAND KITCHEN.

Meringue

whites 36 eggs	4½ cups sugar
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NEW ENGLAND KITCHEN.

Pie Crust

2 crusts

¾ cup lard	3 cups flour
½ cup water	1¼ teaspoons salt

Cream lard and add water. Then add flour and salt.

J. ATHENA FISCHER

Mock Tomato Mince Meat*4 quarts*

1 peck of green tomatoes	1 cup suet chopped fine
chopped fine	1 tablespoon cloves
hot water—equal amount	1 pound raisins chopped fine
2 tablespoons salt	1 cup vinegar
$\frac{1}{2}$ peck apples chopped fine	2 tablespoons cinnamon
5 pounds brown sugar	1 teaspoon nutmeg

Put chopped tomatoes to boil with an equal amount of boiling water. Drain and add water three times. Drain third time. Add other ingredients and boil until it thickens, then put in jars and seal.

JESSIE M. MCQUEEN

Mock Mince Meat*2 quarts*

$\frac{1}{2}$ peck green tomatoes	$\frac{1}{2}$ tablespoon cloves
4 pounds brown sugar	1 tablespoon allspice
2 pounds raisins	2 tablespoons salt
1 tablespoon cinnamon	1 cup butter
1 tablespoon nutmeg	2 cups vinegar

Chop and drain tomatoes. Measure juice that drains off, and add as much water as the juice you throw away. Cook $1\frac{1}{2}$ hours slowly. Stir often. Add sugar and rest of ingredients and cook till it thickens, about 1 hour.

BERTHA L. FIELD

MARMALADES AND BEVERAGES

Orange Marmalade

10 quarts

1 dozen oranges
8 quarts water

6 lemons
sugar

Wash fruit and cut crosswise in very thin slices, removing seeds. Add water and let stand 24 hours. Boil until skins are tender. To every quart of mixture add one quart granulated sugar. Boil 30 minutes or until juice jellies slightly. Put in sterilized jars and seal, or cover with paraffin.

GLADYS M. COLLINS

Cranberry Jelly

Pick over and wash cranberries. Measure. Take $\frac{1}{2}$ as much sugar as cranberries and $\frac{1}{2}$ as much water as sugar. Cook until berries are tender. Mash through sieve and mold.

Apple Marmalade

50 portions

6 pounds finely chopped ap-
ples
6 lemons—rind and juice

$1\frac{1}{2}$ ounces preserved ginger
6 pounds sugar
3 cups water

Pare and core tart, juicy apples before weighing. Boil sugar and water together three minutes, add grated rind and juice of lemons, chopped ginger and apple, and cook slowly 2 hours, or until fruit is clear. This may be cooked in fireless cooker. GLADYS M. COLLINS

Lemon Marmalade

3 quarts

Utilize lemon skins that are of good color and sound. Trim off end and put through meat chopper. To 1 quart pulp add 2 quarts water. Boil 2 hours. Add boiling water to allow for evaporation. Add 2 quarts sugar. Boil until clear. Should be a firm jelly.

A syrup may be made suitable for flavoring bread puddings, adding to mince meat or fruit cake by adding half the quantity of sugar and following the above recipe.

Orange Marmalade

2 quarts

2 oranges
1 lemon

2 quarts water
2 quarts sugar

Squeeze the juice from the fruit. Remove the seeds. Put skins through the food chopper. Add the water and cook 2 hours in a deep kettle to prevent evaporation. Add sugar and boil until jelly drops from the testing spoon. About 30 minutes.

Marmalade

4 pounds rhubarb	4 large oranges
4 pounds granulated sugar	juice of two lemons
2 pounds seedless raisins	

Wash and cut rhubarb in inch pieces. Put in preserving kettle and let boil 15 minutes. Add sugar. Do not add water. Peel the oranges and remove seeds. Add the pulp to the rhubarb. Cook the peeling separate, changing water several times, when tender throw in cold water remove white skin and cut in small pieces. Add to the rhubarb with the lemon juice. Add raisins and let simmer until thick enough to jell.

Fruit Punch

10 gallons

100 lemons	15 pounds sugar (made into
50 oranges	syrup)
2 No. 10 cans grated pine- apple	2 ounces tea (made into in- fusion)

Add water to make 10 gallons. Other fruit may be added in place of orange and pineapple. Pack in ice-cream freezer.

Raspberry Shrub

1 quart berries	1 cup vinegar
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Allow to stand over night. Strain. To 1 quart of juice add 1 pound sugar. Simmer and skim until clear.

For beverage: Dilute with water, add crushed ice.

NAHOMI C. JONES

SANDWICHES

Club Sandwich

50 servings

6 loaves bread	2 cans asparagus tips
2 pounds bacon (thinly sliced)	1 quart mayonnaise dressing
5 3-pound fowls	8 heads lettuce
	2½ pounds tomatoes
	1½ dozen eggs (hard cooked)

Spread toast with a little mayonnaise, cover with lettuce leaf. Place piece of bacon on lettuce then chicken, mayonnaise, slice of tomato, slices of egg, 2 asparagus tips, and 1 lettuce. Spread second piece of toast with little mayonnaise and put sandwich together. Mayonnaise on top of sandwich, sprinkle with parsley and serve at once.

O. I. HALL

Sandwich Filling

Sufficient for 2 quarts

6 cups celery	1 quart stuffed olives
	sweet peppers

Put through food chopper and mix with 1 quart mayonnaise.

Rolled Celery Sandwiches

Cut very thin slice of bread and trim to a square. Lay on wet napkin. Butter the edge farthest from you. Place stalk of tender celery on near edge, salt and roll. The butter will hold the roll together.

Cheese and Currant Jelly Sandwiches

Make thin jelly sandwich about 2 inches square. Place small ball of cream cheese on top and press down with walnut meat. Add dash of salt.

Nut-Cream Cheese and Green Pepper

Chop English walnuts or pecan meats fine. Mix with salad dressing to spread. Spread thin sandwich squares. Stuff green pepper with cream cheese. Chill. Cut thin slices and lay on top of each sandwich.

Olive and Nut Sandwiches

2 cups chopped walnuts
2 quarts finely shredded head
lettuce

3 cups chopped olives
mayonnaise

Mix together the ingredients, using enough mayonnaise to moisten.

ELIZABETH TUFT

Celery Sandwich Filling

1 cup shredded celery ½ cup chopped nuts
1 cup chopped sweet apple ½ cup pimento cheese
 cream to moisten

Mix and spread between slices of brown bread.

Banana Sandwich Filling

Spread bread (thinly cut) with butter and then spread thinly with a mixture of peanut butter and salad dressing. Cut banana very thin lengthwise and arrange on buttered slice of bread. Cover with crisp lettuce leaf and other slice of bread which has been thinly buttered.

LUCILE HARTMANN

Pimento Butter

80 servings

Cream one cup butter and add 8 cups canned pimentos which have been put through a sieve. When blended, season with 1 teaspoonful salt.

RUTH HOUGHTON

Fairmont Sandwiches

Cut bread in ¼-inch slices. Spread 3 slices sparingly with butter on both sides and 2 slices on but one side. Put between the slices layers of finely cut red and green peppers from which

the moisture has been removed. Moisten peppers with mayonnaise dressing. There should be 2 layers of green and 1 of red peppers. Remove crusts, fold in cheesecloth and press under a weight. Cut in slices and arrange on plate.

RUTH HOUGHTON

Parsley Filling for Sandwiches

Finely chopped parsley added to creamed butter makes a delicious filling for sandwiches. A little cream cheese may be added.

Orange Fig Sandwich Filling

4 quarts

2 quarts ground preserved orange peel	$\frac{1}{2}$ cup lemon juice
2 quarts ground dried figs	fruit juice sufficient to make a paste to spread

To make orange peel, soak the peelings over night, drain, parboil in three waters, then cook until tender. Drain. Remove the white part. Cover with one-fourth its bulk in sugar and cook until glazed.

CLARA SMITH

RELISHES

Fresh Cucumber Sauce

50 servings

2 quarts finely chopped cu- ½ cup grated onion
cumber salt and pepper to taste
1 pint whipping cream

Mix cucumber and onion and add salt and pepper. Just before serving fold in the whipped cream.

This is delicious served with fish.

Carrot Jelly

Steam carrots and cover with white vinegar to which one-half quantity of granulated sugar has been added. Let stand over night. Strain. Put carrots through the food chopper. Boil vinegar with pickling spices ten minutes. Strain. Add an equal quantity of water and to each pint of liquid allow 1 package of lemon jelly powder. Add carrots and mold.

Serve with cold meat or with cabbage salad and mayonnaise dressing.

EMMA B. AYLWARD

Sliced Cucumber Pickles*2 quarts*

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|---|-----------------|
| 12 large cucumbers peeled and
sliced | 4 onions sliced |
|---|-----------------|

Sprinkle lightly with salt and let stand over night. In morning drain.

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|---------------------------|--------------------------------|
| Put in preserving kettle: | 1 teaspoon celery seed |
| 1 quart vinegar | 1 teaspoon mustard seed |
| 1 cup sugar | $\frac{1}{2}$ teaspoon tumeric |

Let boil. Add cucumbers and onions. Boil for 30 minutes. Can and seal.

BERTHA L. FIELD

Buffalo Sauce*3 quarts*

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|------------------|----------------------------------|
| 27 ripe tomatoes | $2\frac{1}{2}$ teaspoons ginger |
| 4 red peppers | $2\frac{1}{2}$ tablespoons salt |
| 3 onions | $4\frac{1}{2}$ tablespoons sugar |
| 1 bunch celery | $4\frac{1}{2}$ cups vinegar |

Chop vegetables, add seasonings. Boil till thick, can and seal.

BERTHA L. FIELD

Pepper Sauce*100 servings*

- | | |
|---------------------------------------|-----------------------------------|
| 4 quarts finely chopped cabbage | 1 pint finely chopped red peppers |
| 1 quart finely chopped celery | 1 quart sugar |
| 1 pint finely chopped peppers (green) | 2 tablespoons salt |

Mix ingredients and add enough white vinegar to cover.

IRENE E. ENDERS

Tartare Sauce*2½ quarts*

- | | |
|--------------------|-----------------------------------|
| ½ cup butter | ½ cup onion (chopped fine) |
| ½ cup flour | ½ cup green pepper (chopped fine) |
| 1 quart milk | ½ cup pickles (chopped fine) |
| 1 quart mayonnaise | ½ cup olives (chopped fine) |
| ½ cup vinegar | ½ cup parsley (chopped fine) |

Make a white sauce of the first three ingredients. When cold add the remaining ingredients.

ELIZABETH TUFT

Creole Sauce

- | | |
|--------------------------|-------------------------------|
| 6 green peppers, chopped | 2 bottles Chili sauce |
| 6 onions, chopped | ½ bottle Worcestershire sauce |
| 4 tablespoons butter | 4 tablespoons flour |
| 4 tablespoons lard | ½ cup water |
| 1 gallon tomatoes | salt and pepper to taste |

Cook green peppers and onions with butter and lard 5 minutes. Bring tomatoes, Chili sauce and Worcestershire sauce to boiling point and add cooked peppers and onions. Thicken with flour and water. Season and serve with hamburg steak or veal loaf.

SARAH BENEDICT

Chili Sauce*6 quarts*

- | | |
|------------------------|---------------------|
| 1 peck ripe tomatoes | 1 teaspoon cinnamon |
| 5 bunches celery | 1½ teaspoons pepper |
| 12 medium-sized onions | ½ cup salt |
| 3 green peppers | 1 pound sugar |
| 2 tablespoons mustard | 1 pint vinegar |

Combine and cook two to three hours. Two No. 10 cans of tomatoes may be used instead of fresh ones. Strain tomatoes and use juice to cook other ingredients. Add tomatoes when mixture is partly cooked.

Tumeric Pickles

3 quarts

slice 1 gallon of cucumbers,	3 large onions or 4 small ones
sprinkle with	(sliced)
$\frac{1}{2}$ cup salt and let stand 3	3 cups sugar
hours	2 tablespoons mustard
drain	2 teaspoons tumeric
Add:	4 teaspoons celery seed
	vinegar to cover

Mix all together and bring to the boiling point. Boil 2 minutes.

SPECIAL DIETS

DIABETIC

Cellu-Crackers

40 servings

1½ cups cellu-flour	½ cup mineral oil
3 cups washed dry bran	3 (½ grain) saccharine tabs
3 tablespoons India gum	lets
3 teaspoons baking powder	hot water, quantity sufficient to moisten
½ teaspoon salt	

Mix the dry ingredients, add the mineral oil and saccharine (which has been dissolved in water). Add sufficient hot water to the mixture to make it of a consistency which will spread easily. Spread on an oiled baking sheet, cut in squares and bake in a slow oven until dry.

Food value practically none.

R. STRAKA

Peanut Cellu-wafers

10 servings

50 grams of cellu-flour	60 grams peanut butter
1 tablespoon India gum	12 grams Mazola oil
q.s. salt	q.s. hot water (to moisten)

Mix dry ingredients with the fats. Then add sufficient water to make a paste. Spread out

on a baking sheet, divide into ten wafers of equal size.

Food value: *Cbht.*, 1 gram; *Pro.*, 1.7 grams; *Fat*, 4.0 grams.

ROSE STRAKA

Bran Wafers

2 cups bran (feed)
40 grams butter
2 eggs

salt
1 teaspoon baking powder
nutmeg

Wash bran 2 hours, changing water four times. Drain. Add melted butter, eggs, baking powder and seasoning. Mix well. Pour into a well buttered pie dish and bake 15 minutes in a moderate oven. Cut into eight wedge-shaped pieces. Each piece is called a wafer.

Food value of one wafer: *Pro.*, .2 grams; *Fat*, 6 grams; *Cal.*, 63.

E. KINNEY

Bran Muffins

4½ cups bran (180 grams)
1½ teaspoons salt
¼ teaspoon baking soda

1½ cups buttermilk (345 grams)
3 eggs (171 grams)

The bran used for this recipe is previously washed until the water is clear. Drain and dry before mixing. Mix all the ingredients well. Bake in one dozen tins slightly greased. Press down hard in tins and bake in a moderate oven 30 minutes.

Food value of one cake: *Cbht.*, 1.50; *Pro.*, 2.53; *Fat*, 1.3; *NaCl.*, .309; *water*, 35.41.

Cellu Black Walnut Wafers*12 servings*

$\frac{3}{4}$ cup cellu-flour	1 teaspoon baking powder
50 grams black walnuts	$\frac{1}{2}$ teaspoon salt
chopped	$\frac{3}{4}$ egg yolks
$1\frac{1}{2}$ teaspoons India gum	hot water sufficient to moisten

Mix dry ingredients, add beaten egg yolks and hot water. Spread out on a baking sheet and cut into twelve wafers of equal size. Bake in a slow oven until nearly dry. Food value of each wafer equals: *Cbht.*, 0.48 grams; *Pro.*, 1.6 grams; *Fat*, 3.8.

CLARA SMITH

Muffins*20 muffins*

75 grams flour	$1\frac{1}{2}$ tablespoons baking powder
2 cups washed bran (dried)	6 egg yolks
1 teaspoon salt	$\frac{1}{2}$ cup of water
	6 egg whites

Mix dry ingredients, add beaten egg yolks and water. Fold in stiffly beaten whites.

Bake in a slow oven in greased tins.

Food value of one muffin: *Cbht.*, 2.6 grams; *Pro.*, 2.3 grams; *Fat*, 1.5 grams; total calories, 33.

BRETA LUTHER

Almond Cakes

	<i>Cbht.</i>	<i>Pro.</i>	<i>Fat.</i>	<i>Cal.</i>
32 grams almonds	5.20	6.30	16.46	144.14
1 teaspoon vinegar				
10 grams butter			10.	90.0
1 egg		6.70	5.25	74.0
Total calories				308.14

Blanch the almonds and bake until light brown. Put through almond grater. Place in strainer and pour over water mixed with vinegar. Drain. Dry in oven and grind again. Add butter, egg yolk beaten thick. Fold in egg whites beaten stiff and dry. Put in small pans and bake in slow oven 25 minutes.

L. SLOAN

Bran Soy Muffins*16 muffins*

2 cups washed bran	1 teaspoon salt
100 grams soy bean meal	4 egg yolks
1½ teaspoons baking powder	1 to 1½ cups water
4 egg whites	

Mix all the dry ingredients. Separate the whites from the yolks of the eggs. Beat the egg yolks and add with part of the water to the dry ingredients. Add the remaining portion of the water. Fold into the above mixture the stiffly beaten whites of the eggs. Put into muffin tins and bake in a hot oven 25 to 30 minutes.

Food value of each muffin: *Cbht.*, .6 grams; *Pro.*, 3.9 grams; *Fat*, 2.3 grams.

Corn Bran Muffins*12 servings*

100 grams yellow cornmeal	1 teaspoon salt
1 cup washed dry bran	60 grams butter
1½ teaspoons baking powder	2 eggs
1 cup water (plus or minus)	

Mix dry ingredients, add melted butter, beaten egg yolks and water. Fold into this the stiffly beaten egg whites. Bake in a moderate oven. Food value: *Cbht.*, 6.2 grams; *Prot.*, 1.7 grams; *Fat*, 5.4 grams. G. equals 7.6 grams.

B. STRAKA

Cellu-Cracker Dressing*1 serving*

½ cup cellu cracker crumbs	5 grams parsley
15 grams chopped celery	3 grams butter
30 grams tomato purée	salt to season

Combine ingredients and place in casserole to bake. Serve with baked squab or chicken.

Food value: *Cbht.*, 1.5 grams; *Prot.*, 0.5 grams; *Fat*, 2.5 grams.

Note.—Chicken or beef broth may be used in place of the tomato purée if desired.

CLARA SMITH

Agar Jelly

1 teaspoon or 7 grams agar-	1 teaspoon mild citric acid
agar	½ grain saccharine
1 cup cold water	½ teaspoon flavoring
coloring—as desired	

Dissolve agar-agar in water. Add citric acid and saccharine. Put over flame and boil. Remove from fire—add flavoring and coloring. Put in cool place to harden.

This jelly has no food value.

Mayonnaise Dressing

2 egg yolks
360 grams of salad oil

60 cubic centimeters vinegar
8 grams salt and pepper

Beat egg yolks. Gradually add oil until all has been used (beating the mixture constantly). Then add the remainder of the ingredients. Put in a covered jar and keep in a cool place.

The percentage composition of this dressing is: *Fat*, 83 per cent.; *Protein*, 0.9 per cent.

ROSE STRAKA

Russian Oil Dressing

Three Minute Method

1 quart Russian oil
4 tablespoons vinegar
1 teaspoon salt

1 teaspoon mustard
paprika
2 eggs

Have ingredients and bowl very cold. Mix salt, paprika and mustard. Add 1 tablespoon vinegar and 5 tablespoons oil, beat until emulsified. Add the unbeaten eggs and beat thoroughly with a dover egg beater and add oil,

about $\frac{1}{2}$ cup at a time, beating constantly. When thickened add the rest of the vinegar.

48 servings: 1 tablespoon. Total calories, 156.
1 serving: *Pro.*, .25 grams; *Fat*, .25 grams; *Cal.*, 3.

Paraffin oil not being absorbed, this dressing is useful for the diabetic patients on a low fat diet or constipation and obesity diets.

MARGARET M. FOTHERINGHAM

Lemon Pie Filling

20 cubic centimeters 5 per cent. citric acid solution	1 egg
$\frac{1}{4}$ grain saccharine	30 cubic centimeters water
	lemon essence—4 drops

Separate the egg white from the yolk. Combine the egg yolk with the water and citric acid, place over hot water to cook, beating constantly with Dover beater. When thick remove from heat, add saccharine and essence, place in a cellu-pie crust and cover with meringue made of the egg white to which a small amount of the saccharine has been added.

Note.—When the filling fails to thicken enough add a small amount of India gum, after removing from the fire.

Food value: *Prot.*, 6.0 grams; *Fat*, 6.0 grams.

ROSE STRAKA

Carrot Pie Filling

	<i>Prot.</i>	<i>F.</i>	<i>Cbht.</i>	<i>Cal.</i>
50 grams puréed carrots....	.26	.08	3.	13.76
1½ ounce water				
saccharine and cinnamon				
1 ounce 50 per cent. cream	.62	22.44	.92	208.12
1 egg slightly beaten.....	6.70	5.25		74.
	7.58	27.77	3.92	295.88

L. SLOAN

Chocolate Sauce*1 cup or 8 servings*

1 cup hot water	10 grams melted chocolate
1 (½ grain) saccharine tab-	(bitter)
let	1 teaspoon India gum
½ teaspoon vanilla	

Add the hot water slowly to the India gum, beating vigorously until the mixture is smooth. Add remainder of ingredients.

Food value of 1 cup equals: *Cbht.*, 3 grams; *Prot.*, 1.2 grams; *Fat*, 4.8 grams.

R. STRAKA

Chocolate Bavarian*1 serving*

3 grams gelatin	30 cubic centimeters	22 per
2 tablespoons cold water	cent. cream	
6 tablespoons infusion of	½ grain saccharine	
cracked cocoa		

Swell gelatin in cold water and melt over hot water. Add the cocoa infusion and saccharine. Place in a bowl over cracked ice and beat until spongy; when stiff fold in the cream. Place in

a mold and chill. Food value: *Cbht.*, 1.5; *Prot.*, 3.9; *Fat*, 6.6. G. equals 4.42.

ROSE STRAKA

Cream of Spinach

1 serving

For diabetes (convalescent), and other conditions manifesting slight tolerance for carbohydrates: *Cbht.*, 10.6 grams; *Fat*, 34 grams; *Prot.*, 12.7 grams; total calories, 399.

180 grams 18 per cent. cream
75 grams spinach purée

1 whole egg
salt to season

Cook spinach through three waters and press through a fine sieve.

Beat egg and stir into the cream, place mixture in double boiler and cook until mixture coats the spoon, then stir in the spinach purée. Allow to cook gently for 5 minutes, season with salt and serve at once.

FAIRFAX T. PROUDFIT

Vegetable Stew

1 quart shredded cabbage	2 tablespoons chopped parsley
$\frac{1}{2}$ cup chopped green peppers	2 cups tomato purée
2 cups diced celery	2 cups cooked okra

salt as desired

Cook cabbage, celery, green pepper and parsley until tender. Drain and add tomato purée. Cook for a short period, then add the okra. Serve as any 5 per cent. vegetable.

ROSE STRAKA

Variety Salad

1½ tablespoons gelatin	50 grams cabbage (un-
120 grams cold water	cooked) cut fine
180 grams vinegar, hot	20 grams green peppers (un-
180 grams boiling water	cooked) cut fine
3 grams salt	10 grams lettuce (uncooked)
50 grams celery (uncooked)	cut fine
cut fine	

Soak gelatin in cold water, add vinegar, boiling water and salt. When liquid has cooled, add other ingredients. Mold and chill. This makes four servings.

Food value of four servings: *Cbht.*, 5 grams; *Pro.*, 3 grams; *Cal.*, 32.

MARY A. FOLEY

Vegetable Soup

2 cups clear beef broth	25 grams 10 per cent. vege-
50 grams 5 per cent. vegeta-	tables—uncooked
bles—uncooked	

To 2 cups of clear beef broth, add 30 grams of tomatoes, 10 grams celery, 10 grams cabbage, 15 grams onions, and 10 grams of carrots. Cook until vegetables are tender. Season with salt and pepper.

Food value: *Cbht.*, 3 grams; *Prot.*, 2 grams; *Cal.*, 20.

Scalloped Egg with Cottage Cheese

40 grams cottage cheese	1 egg (hard cooked)
40 cubic centimeters milk	3 grams green pepper
salt and pepper to taste	(dried)

Grease a small casserole with mineral oil, add a layer of sliced egg and then alternate with

cottage cheese which has been mixed with chopped green peppers. Bake in a moderate oven 10 minutes.

Food value: *Cbht.*, 6 grams; *Prot.*, 15 grams; *Fat*, 9 grams; *Cal.*, 165.

NEPHRITIC DIET

Peach Short Cake

8 servings

135 grams flour				2 teaspoons baking powder
30 grams butter				100 cubic centimeters milk
<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>	
2.272	3.873	13.247	96.9333	calories for 1 serving
18.18	30.985	105.98	775.505	total calories for recipe

Peaches and Cream

75 grams canned peaches	30 cubic centimeters whipped cream
-------------------------	------------------------------------

Total calories:

<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>
1.185	12.75	14.0	175.49

Total for individual shortcake:

<i>Prot.</i>	<i>Fat</i>	<i>Cbht.</i>	<i>Cal.</i>
3.457	16.623	27.247	272.423

OCTAVIA I. HALL

Creamed Peanuts and Rice

1 cup rice (uncooked)	2 cups chopped peanuts
$\frac{1}{2}$ teaspoon paprika	2 teaspoons salt

White Sauce

3 tablespoons flour	3 cups milk (whole or skim)
3 tablespoons fat	

Boil the rice and make white sauce by mixing the flour in the melted fat and mixing with the milk. Stir over the fire until it thickens. Mix rice, peanuts, and seasoning with the sauce, place in greased baking dish and bake for 20 minutes.

Whole Wheat Bread

Used in diets for anemia.

1 cup scalded milk	2½ whole wheat)
2 tablespoons butter	2 teaspoons salt
1 yeast cake dissolved in ¼ cup lukewarm water	1 cup boiling water in which 1 potato has been cooked and mashed
6 cups sifted flour (3½ white-	

Put butter in bowl. Add boiling liquids. When cooled to body temperature, add yeast and 4½ cups flour. Stir 300 revolutions. Cover and let stand in a warm place to rise until sponge is double in bulk. Add remaining flour and as much more as is needed to keep from being sticky. Knead 10 minutes. Shape into loaves and let rise one hour or until double in bulk. Bake in moderate oven 1 hour.

E. KINNEY

Cream Egg and Vichy

Nutrient Beverage—Typhoid Fever and other Wasting Diseases

1 serving

90 cubic centimeters 40 per cent. cream	15 grams lactose
1 egg white	60 cubic centimeters vichy (Celestine)
15 grams sugar	5-6 drops vanilla

Pour ingredients in order named, with exception of vichy and vanilla, into a milk shaker with several pieces of ice, agitate briskly for 5 minutes. or until foamy. Half fill an ice-tea glass with cracked ice. Pour over the cream and egg mixture. Add vanilla and vichy to fill glass.

This beverage may be made without a shaker, by beating the cream and egg white separately, adding sugar, lactose and vanilla, pouring over cracked ice and adding vichy to fill glass.

Prot., 8 grams; *Fat*, 36 grams; *Cbht.*, 33 grams; *Cal.*, 475.0.

FAIRFAX T. PROUDFIT

Agar Dessert

Constipation

4 egg whites (120 grams)	1 rounding tablespoon agar (8
1 cup sugar (235 grams)	grams)
	vanilla

Beat egg whites stiff, add sugar to make marshmallow mixture. Boil agar-agar and pour over the egg mixture. Mold. Serve with cream if desired. This makes 12 molds of 70 grams each. Food value: *Prot.*, 1.3 grams; *Cbht.*, 19.5 grams; total calories, 83.0.

If 200 grams of puréed figs or other fruit are added the palatability is improved and calories increased.

KATHERINE S. BULBY

Bread*Constipation Diet*

2 eggs (114 grams)	3½ cups white flour (396 grams)
2 cups milk (460 grams)	1 tablespoon baking powder (15 grams)
½ cup molasses (150 grams)	½ cup walnuts (50 grams)
½ teaspoon baking soda	½ cup figs or raisins (125 grams)
½ cup sugar (105 grams)	
1½ cups bran (60 grams)	
1 cup cornmeal (120 grams)	
2 cups whole wheat flour (240 grams)	

Beat eggs and add other ingredients in order given. Mix well. Bake in two loaves in a moderate oven 45 to 60 minutes.

Prot., 524 grams; *Fat*, 603 grams; *Cbht.*, 790.

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